

EXCLUSIVE PATTERN... Your holiday hero beach dress

prima

PRIMA.CO.UK
AUGUST 2015

BE SUMMER *gorgeous* IT'S EASY!

- ★ **GET INTO BRIGHTS**
Here's how to wow!
- ★ **LOVE SHORTS**
There is a pair for you!
- ★ **5-MINUTE MAKE-UP**
Your instant sunny face!

Superfood crazy!

Amazing spoonfuls
to boost your energy,
mood, vitality & more

SUPER-GLOSS YOUR HAIR

Dazzling new tips,
tricks & buys...
Take it from
fried to fabulous

SUMMER MUST-READS

Sexy, romantic,
scary, intriguing...
dive in & lose
yourself!



*Online purchases only. *T&Cs apply

**PRIMA
EXTRAS
FOR YOU**

BEAUTY **20% OFF***
Sanctuary Spa treats

FASHION **WIN* A**
£500 Damsel In
A Dress spree

Exclusive Tamzin Outhwaite

'I've worked all
my life... now I'm
making time for
my girls & me'

Nice & easy does it!



Happy salad days



Gino's veggie summer



Cakes that make
you go oooh!

BE AN EASY MONEY-MAKER

No kidding, your property
can make you cash



SALONIST™

DIMENSIONAL COLOUR THAT RIVALS THE SALON

TREATS ROOTS THEN LENGTHS
SEPARATELY AS DONE IN SALONS



RATED FOR GREY COVERAGE & SHINE*

*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvy.me.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 5/3 MEDIUM GOLD BROWN.



100% GREY COVERAGE

Welcome

Make a little bit of time for you...

One of the great things about summer is the opportunity it gives us to take stock and think about where we are and any little changes we'd like to make. Whether you're going on holiday or staying at home, somehow the longer days, warmer weather and the chance to spend extra time outside tend to allow more head space.

Our lovely cover star Tamzin Outhwaite says that summer brings out the best in her – and she has made a big decision this year; following the final series of *New Tricks*, Tamzin is going to take a grown-up gap year and do some of the things she hasn't had time for before, from baking cakes to learning Italian. We look forward to catching up with Tamzin in a few months to hear about it!

Several readers this month also tell us about the momentous decisions they made during summer breaks and the new paths they are now following as a result. I think you'll find their stories really inspiring and they might just get you thinking...

Whatever else you tuck into in this issue, I would urge you to read the interview with our amazing books editor, Cathy Rentzenbrink. She talks openly about the heartbreaking event that has shaped her life and how, by writing about it in her book *The Last Act of Love*, she has gained a new perspective. Cathy is now able to enjoy life and is looking forward to a decade of joy and fun.

In this issue, you also get a sneak preview of Rachel Dove's forthcoming Mills & Boon novel. Rachel is the winner of our Flirty Fiction competition, so her summer will be spent working on her story, *The chic boutique on Baker Street*. Congratulations to Rachel from everyone at Prima!

Whatever you're doing this summer, I hope you enjoy it and make a little bit of time for you.

Gaby

GABY HUDDART, EDITOR

Don't miss the September issue, **ON SALE 5 August**

10



How summer breaks changed the lives of four readers

40

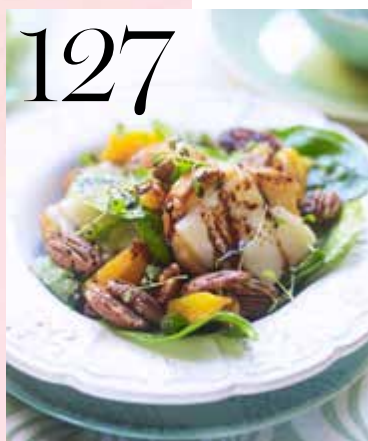


This bag is one of our holiday superheroes!



27

127



Our books editor opens up about the event that defined her life



48



TALK TO US We want to hear your news and views



prima@hearst.co.uk



pinterest.com/primamagazine



prima.co.uk

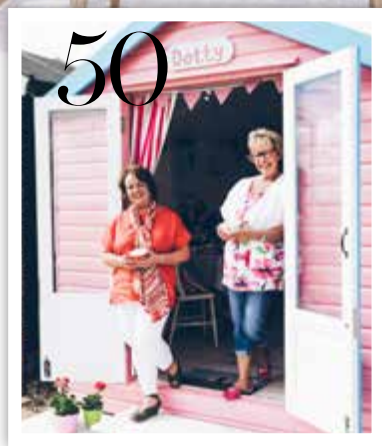
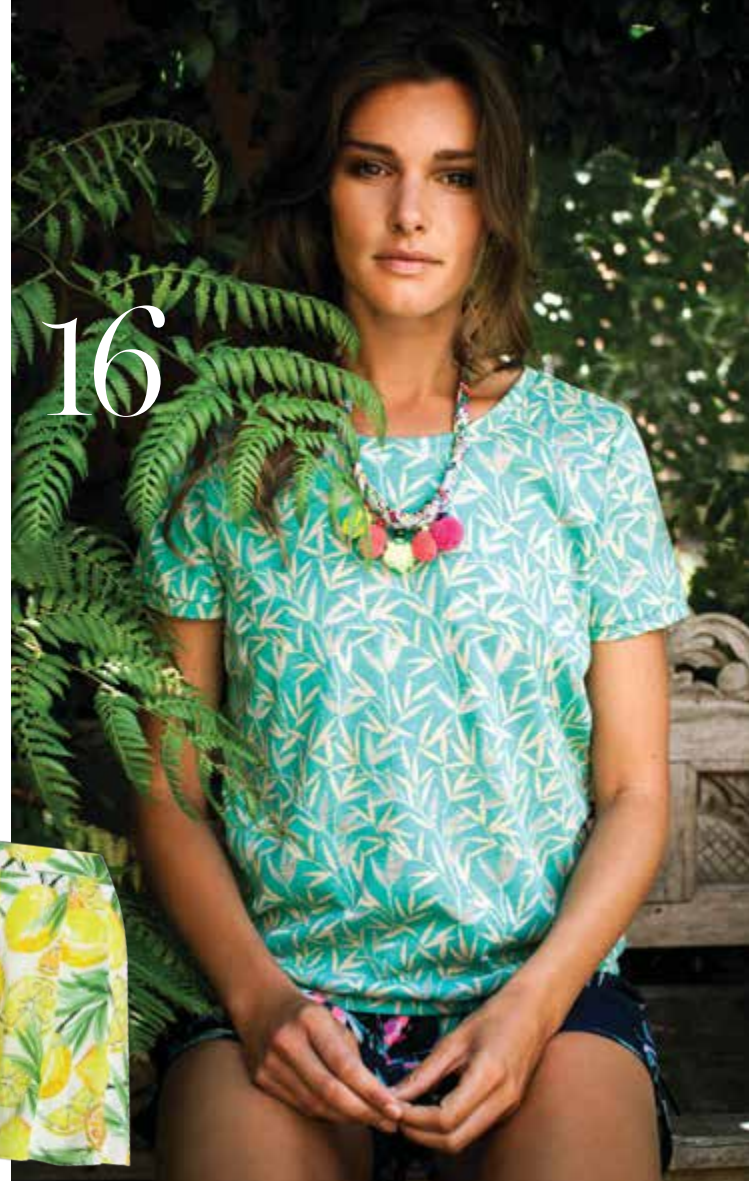


@PrimaMag



facebook.com/primamagazine

August 2015



FASHION INSPIRATION

- 16 **On the cover** **The colours of summer**
Be inspired by these tropical styles
- 27 **Lovely looks, less luggage!**
Easy and effortless holiday dressing
- 31 **On the cover** **Sensational summer shorts** For every body shape and size
- 33 **Suitcase secrets** Prima's fashion editor reveals her packing tips
- 35 **Buy it, wear it, love it!**
All that's new in fashion

INSPIRING READS

- 10 **On the cover** **'I've worked all my life... now it's time to focus on my girls & me'** Actress Tamzin Outhwaite on taking time out
- 36 **It's summertime... and relaaaax**
How to de-stress and achieve bliss
- 39 **Sorry, a moment of your time please...** Comedian Viv Groskop ponders why Brits apologise so much

- 40 **Our deckchair decisions** Sometimes a break can lead to new life choices
- 46 **The three little words that'll terrify any man: 'Let's go shopping'** ...says Sam Cavitt
- 48 **'I've known such sadness, but this decade will be all about joy'**
Cathy Rentzenbrink shares how writing about a family tragedy has helped her to heal
- 50 **Oh, we do like to succeed beside the seaside!** Meet the readers who started dream businesses by the sea
- 56 **'Happiness is often in the place you overlook'** After travelling the world, one reader found love back home
- 59 **Puppy love** Daphne Lockyer tells us about her new-found love of dogs
- 153 **'The year I became an author'**
The winner of our Mills & Boon Flirty Fiction competition is revealed – and you can read her first chapter here!
- 170 **We will fright them on the beaches!** Columnist Caroline Quentin on how the British like to holiday

BEAUTIFUL YOU

- 60 **On the cover** **Put your summer hair into rehab!** Get a glossy 'do in no time
- 62 **On the cover** **The 5-minute face** Kazia Pelka's quick and easy morning routine
- 64 **Lovely little travel companions**
Cute minis to lighten your holiday load
- 66 **Get up & glow** The best make-up to complement a sun-kissed look
- 68 **Those summer nights** Four readers model outfits for special occasions
- 75 **Try it, use it, love it!** The latest beauty buys and news

YOUR HEALTH

- 76 **On the cover** **Let's start eating superfoods!** Boost your wellbeing and give yourself an energy makeover by adding superfoods to your diet
- 81 **Sarah's surgery** Dr Sarah Brewer's 10 golden rules for a healthy summer
- 84 **Focus on your eyes** Are you doing enough to protect your eyesight?



9



122

What's inside



111



66



138



27

GREAT ADVICE

- 91 No-stress summer holidays**
Advice from the experts to help you breeze through the school break
- 94 On the cover Turn your home into a goldmine this summer** How to make money from where you live
- 96 Snap happy** Take and share great pics using the best gadgets around
- 156 New ideas for family getaways**
Affordable holidays the whole family will enjoy – from tents to tree houses
- 160 Take 5... green getaways in the UK** Beautiful eco hideaways

HOME STYLE

- 98 Coming up roses** Pretty floral accessories to perk up your interiors
- 104 'Make your house a hot property'**
TV presenter Amanda Lamb shares her top secrets to help sell your home
- 107 Girl about the house** All the advice you need to be a domestic goddess

- 108 Carnival of colour** Garden writer Pattie Barron's flower-filled terrace
- 111 Style it, grow it, love it!**
New home buys and trends

COOKERY

- 112 On the cover Gino's delicious vegetarian summer** Meat-free Italian dishes to wow your friends
- 122 On the cover Summer stunners**
Tasty bakes that are simple to make
- 127 On the cover Salad days!** Delicious and healthy dinners in a dash
- 129 Cook it, eat it, love it!** The latest foodie must-buys and know-how

MAKE IT

- 134 On the cover Make your holiday hero** This month's exclusive pattern
- 136 Lisa Comfort customises it!** Turn a sheet into a beach-ready kaftan
- 138 Coastal creations** Nautical makes
- 143 Wear & wow tops** Summer knits

- 147 Sew it, make it, love it!** Craft fairs, design inspiration and clever ideas

EVERY MONTH

- 7 The Prima chat room** Your views
- 9 Prima loves...** Enjoy the sun in style with these bold and beautiful buys
- 148 Your time off & time out** Our guide to this month's entertainment
- 150 On the cover Take it away** The books you must read this summer
- 168 Where to buy** Stockist details
- 169 Stars** What's in store for August

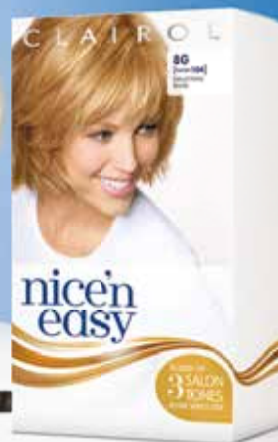
TREATS FOR YOU

- 35 On the cover Win a £500 Damsel in a dress spree**
- 75 On the cover 20% off Sanctuary Spa treats**
- 161 Win! Win! Win!** Great goodies
- 163 Travel offers** Just for you
- 164 Reader event** at Ragdale Hall
- 165 Puzzles** Win cash prizes!

SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
change it up. Hello, Golden Blonde!
Looks so natural, I almost
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,
*IT'S THE UK'S #1**



nice'n
easy

C L A I R O L

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

You said it!

The Prima chat room

What you're doing, sharing and talking about this month

PACK IT IN!

Oops! A study has revealed that us women overpack by TWO THIRDS when we go on holiday*. But what's your suitcase sin? Here's what you had to say...

FACEBOOK FEEDBACK

Liz Forrest: I take way too many clothes, sandals and jewellery! Each year I say 'Not doing that again' and then I do it anyway.

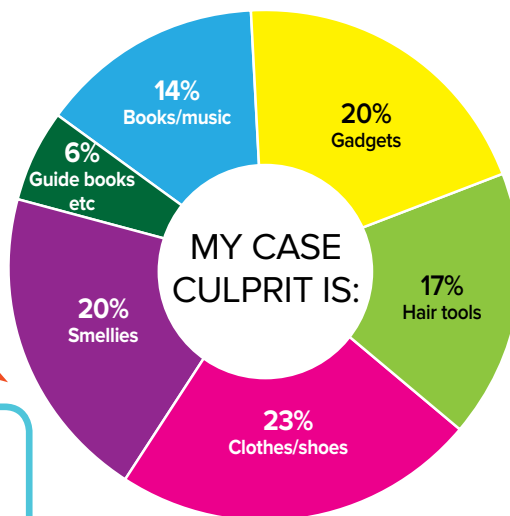
Michelle Jones: Hair straighteners, dryer and brushes.

Alice Matthews: I'm on holiday in Spain and I've packed like a Kardashian on tour! I've even brought my curling tongs, which I will never use...

TOP TWEETS

@domesticgoddess
Chargers. Many, many chargers! Phone, tablet, camera, plus all the kids' gadgets, too.

@FashionDolly1
Tea, coffee and sugar. It was also bacon before supermarkets improved!



Poll on prima.co.uk.

WHAT'S IN THE PRIMA INBOX?

Customise it!



I've been a Prima subscriber for years and had to write in as I've just made a denim skirt from a pair of old jeans after reading Lisa Comfort's customising feature in your July issue. I added appliqué flowers to the front and now I have a designer skirt! I love Prima and eagerly await its arrival every month, so well done (and please thank Lisa Comfort for the idea!). **June Duckmanton**, via email

Special bond

I recently read Caroline Quentin's column in the June issue. It touched me that her father kept the picture she drew for him and it made me reflect.

I never knew my dad and it was only when I had my daughter that I realised how special the bond is between dads and daughters. My husband is an amazing dad and I feel blessed that, although I didn't have that relationship when I was little, my kids do. **Sara Jones**, via email



Health highlight

I was so pleased to read the article on sepsis in the June issue. Like Anna, I had the same illness and was sent home from my GP with antibiotics and anti-sickness injections, and told it was a bug. I also spent a week in the high dependency unit at hospital. I will now be joining The UK Sepsis Trust and will try to create awareness, too.

Nicky Jones, via email



TALK TO US We want to hear your news and views



prima@hearst.co.uk



pinterest.com/primamagazine



prima.co.uk



@PrimaMag



facebook.com/primamagazine

prima.co.uk



THE INSIDER TRICKS TO
MAKE YOUR CLOTHES
LAST FOREVER, HOW TO
PACK FOR YOUR HOLIDAY
LIKE A PRO AND MORE
SWIMSUITS TO FLATTER
YOUR FIGURE



NEWSLETTER



JOIN OUR BOOK CLUB!
LOVE READING? REVIEW OUR
BOOK OF THE MONTH AND
JOIN THE DISCUSSION

SHOP WITH US!
SNAP UP DISCOUNTED WOOLS
AND YARNS IN OUR CRAFT SHOP
FOR THIS MONTH'S KNT

BECOME A FAN
SEE THE LATEST FROM PRIMA ON
YOUR FACEBOOK NEWSFEED AND
NEVER MISS ANOTHER STORY

VISIT PRIMA.CO.UK TODAY!



TOTES AMAZE

Keep your holiday essentials in this cute candy-striped **tote bag** – perfect for poolside lounging or city shopping. Luka Tote, £49, Nica



BEACH BEAUTIFUL

Show off your curves in this fab **two-piece**. Top, £26.50; bottoms, £18.50, both Floozie by FrostFrench at Debenhams



WELL TRAVELLED

Make sure that you're organised with this floral Ditsy **passport cover**, £11, and **luggage tag**, £7.50, both Caroline Gardner

Prima loves

Say hooray for the holidays and get noticed with these bold and beautiful summery buys!

THE SCENT OF SUMMER
This limited-edition fragrance will transport you to the Med! Elie Saab Le Parfum Resort Collection **eau de toilette**, £47 for 50ml, House of Fraser



LOUNGE IN STYLE

Soak up the sun on these soft velour towels. In the latest colours, they'll make your sun lounge look as sizzling as you! Cayo Coco **beach towels**, £29 each, Sheridan



SNAP HAPPY

Capture all those moments to remember with this old school camera. **Lomography La Sardina Cubic Camera & Flash**, £99.99, Truffle Shuffle



WHEELIE NICE

Arrive in style thanks to this shiny Delsey Valigia 4-wheel **suitcase**, £153.33, Amazon. It's a doddle to pull along!



HATS OFF!

Protect your face with a dreamy sun hat. Certified by the British Skin Foundation, this one is 99.99% resistant to harmful UVA and UVB rays. Strong **hat**, £60, Global Babe



'I've worked all my life... now it's time to focus on my girls & me'

Actress Tamzin Outhwaite, 44, tells Prima about saying goodbye to *New Tricks* – and hello to a year of doing things she's never done before

After playing Melanie Owen in *EastEnders*, Tamzin Outhwaite has had many roles, including most recently DCI Sasha Miller in the BBC drama *New Tricks*. She was married to actor Tom Ellis for eight years until they separated two years ago. She now lives in London with their daughters, seven-year-old Florence and Marnie, aged three.

I absolutely love playing Sasha in *New Tricks*. There's a lot about her I relate to. It's quite rare to see a strong, driven woman who has been through a lot but has been spurred on by that rather than it holding her back. Her personal life may have fallen apart but, as a result, work's become more central to her and, as she gets to a certain age, she wants to speed up – not slow down.

This is the last series of *New Tricks*. And, although we lose Dennis Waterman after two episodes, we have the added treat of Larry Lamb joining the cast, which softens the blow of it all being over.

When I first became a single parent and the breadwinner, I wanted to work, work, work. Acting is also my passion – it feeds my soul. It's about my children's future and about me being their role model. But, it's also a form of therapy, partly because when you're acting, you're being someone else all the time, which definitely kept me going during the difficult times.

But when I leave the house at 8am and get home at 6pm, it means I don't see my girls. And I was doing a theatre show for three months at the start of this year, which meant missing bedtime. Every day, the girls would ask: 'Does Mummy have to go to the theatre tonight?' Then after the show stopped, they'd ask the question just so I'd say: 'Don't worry! Mummy doesn't have to go to the theatre again.' They absolutely love it – they still cheer every time I say it.

I go from being very driven to wanting to slow right down. At the moment, I'm taking it as a sign that *New Tricks* is coming to an end. I've decided to take the next year out and do all the things I've never been able to do because I've always been working.

You may find this hard to believe, but I've never baked a cake! So I just want to spend time doing the everyday things like that. I want to take my foot off the gas and look around, because when you're working so hard you don't have the time to say 'yes!'

I also want to go skiing, which I can normally never do because of work.

And I've always wanted to go on a yoga retreat – I used to have a six-pack and I would love to get it back! I did an upholstery course once, but have never had time to put it to use. I have a new and unused sewing machine and my house is full of chairs and fabric that I'm itching to

get my hands on. Also, since discovering my Italian heritage, I've wanted to learn the language and teach it to the kids, so I want us to spend some time in Italy.

Mainly, I just want to be doing things with the girls. I have this fear that one day they will suddenly be teenagers and I won't be able to find or reach them. I don't want to look back and resent the fact that I was working all of their lives.

So I'm going to learn to be good at not working. In a way, it feels very brave to stop and say 'no' for a while because when you're offered parts, it's very easy to feel you have to take them. But I know I'm lucky to have a career that has lasted this long and, even if I stop for a bit, I'm sure I'll still be offered acting roles.

One of the best things about being in my forties is that I finally feel like the ruler of my own life. I used to feel like I had to confer with my agent or my parents before I made a decision. But now I'm my own boss and it's extremely empowering.

As a mother, I'm quite chilled out. I'm not high-anxiety about stuff – in fact, my mother would probably say that I'm not disciplined enough. But I hate the idea of always saying no, partly because I remember that as a child I didn't respond well to negativity. What used to help →

Prima people

‘My personality
changes when it’s
summer – it brings
out the best in me’



Prima people

me was encouragement, so as a result I'm less of a disciplinarian and I try to give my daughters as much confidence as possible.

Florence, my eldest, is an intensely fiery perfectionist. So if she draws something and thinks it's wrong, she gets very frustrated. I was a perfectionist growing up – we are quite similar – so I'll try to step in and show her that if, say, the elephant's trunk goes wrong then she can just change it into something else – rather than throwing the picture away and starting again.

Marnie's character is still emerging, but at the moment she is a comedian. And they are both at such lovely ages – I'm really looking forward to stopping for a time and hanging out with them.

My hopes for my girls are mainly that I'd love them to learn an instrument and a language. I wish I'd learned the piano, the guitar, Italian and French, but I was too busy doing other stuff. I'd like them to try everything and see what they love – but at this age I won't be pushing them in any direction.

I used to say that I wouldn't want them to become actors. But then I realised that was because I couldn't cope with the idea of them being rejected – but that's about me, not them. I've had a long and very happy acting career and I've earned a good living; so if either showed an interest in acting, it would be hypocritical of me to stop them when I've had so much pleasure from it.

But I will have to grow a thicker skin. I'm still ridiculously sensitive. Generally in my career, I've heard yes more than I've heard no, but there have definitely been some big rejections and I've been sensitive to all of it.

'I've never been on a diet – I don't want my girls to see me counting calories'

My mother is absolutely my parenting role model. She had me when she was very young and, growing up, she was always relaxed, kind and never stressed out. We had an open house and Mum was the nucleus of that. People liked to be around her and my friends always wanted to come to our house because she was so cool.

My mum and dad are separated now, but they're both very much hands-on grandparents to my girls. Lately, I've been spending time with the other three generations of women from my family: my mum, my nan and her mum. We'll just hang out, eating and drinking. I've become the person who has everyone over, mainly because we can all fit around my table.

My house is a huge part of me. It's full of warmth, love and my family and friends all popping in. It has lots of Victorian features mixed with a very modern look and lots of textures, like velvet and linen. Some rooms are neutral and others are bright and filled with things from my travels. My favourite room is my 'Moroccan corner', which is full of Moroccan fabrics and is the perfect place to just sit and read.

Family is so important to me. I have two younger brothers, one who is 10 years younger than me and lives down the road; then the middle one has a son and daughter very similar in age to mine,

so they're like brothers and sisters to my two. We all went glamping together recently, which was lots of fun.

My girlfriends are a far bigger part of my life than they should be given my schedule. But I have always found ways to shoehorn them in. Being spontaneous is much less likely now as everything has a schedule – even socialising – but last Saturday I arrived home much earlier than I thought I would and called two girlfriends who came over and we drank Margaritas!

Growing up, I didn't once hear my mum mention the word 'diet'. She never tried to stop us eating anything and was always very balanced and because of that I've always had a healthy attitude towards food. That said, I do eat a lot – on the set of *New Tricks*, I'll eat my lunch and then I'll finish all the boys' leftovers!

But I've never been on a diet in my life and I don't want my girls to see me counting calories. I'm naturally slim but I'm not skinny. I should probably be a bit slither than I am and sometimes I'll try to eat more healthily for a while rather than make it a big neurotic thing. As an actress, I don't see why you should be particularly thin unless you are playing the part of a model or someone who is exceptionally thin for a reason. I want to demonstrate self-acceptance rather than constantly saying I don't like the way I look. I'm quite good at having a word with myself if my thoughts are getting neurotic.

I'm very into clothes. I used to like a clean line and would go for well-cut clothes such as Joseph. But, lately, I've become more feminine. I used to be into jeans and boots,

TAMZIN IN BRIEF...

Are you a spender or a saver?

Both! I go for months without spending anything then splurge on something like a summer wardrobe, bought entirely online.

Signature dish? Salmon with pak choi and salad or courgettes with garlic. Most things I cook are with garlic.

What makes you really belly laugh? At the moment, my three-year-old daughter.

Technology: friend or foe?

Foe – but I'm working on it becoming a friend.

What would you do with a spare day to yourself?

Turn my phone off then go for a massage, followed by a facial. Afterwards, I'd meet my girlfriends for a catch-up over a long lunch.

What's your passion? Food, interior design and property.

I'm happiest looking in the window of an estate agent on holiday imagining whether we might move there.

What would you change about yourself?

I'd be less impulsive.

What are you best at?

Making the best of a situation.

What keeps you awake at night?

My internal to-do list.

What do you order in the pub?

If it's daytime, a Bloody Mary; if it's a posh pub, a Margarita; if it's an ordinary pub, a glass of Barolo or another Italian red.

When was the last time you were really happy?

This morning. I had a shower before the girls woke up, then Florence appeared. We both woke up Marnie and that look of happiness and excitement on her face was pure joy.



Feature: Alice Mason **Photos:** Nicky Johnston **Hair & make-up:** Liz Kitchiner **Tamzin wears:** Dress, Sugarhill Boutique. Earrings, from a selection at Dower & Hall. Ring, from a selection by Fiorelli

but I'm now into floaty maxi dresses that wouldn't have been me in the past. Oasis is my favourite high street store, as I can always find something that works for me. I also like Mint Velvet and Coast.

I don't feel any pressure to have cosmetic surgery. But I do feel pressure not to have it; my mum would crucify me! She doesn't believe you should put anything in your body that will poison you, and she thinks it's important to grow old gracefully. I share that view – although I always say that in 10 years' time I might change my mind! She always says, 'Not if I'm around, you won't!'

When it comes to exercise, I'm much more a yoga than aerobics girl. I like doing hot yoga and the feeling of sweating everything out. In an ideal world, I'd go two or three times a week, but if I have to choose between putting the girls to bed and yoga, I'll choose bedtime every time.

I should have been born in a hot country. My whole personality changes when it's summer. I do everything outdoors, whether it's learning lines or being on my computer. We go to the park and hang out in the garden and in general it feels like we have a better quality of life. I'm happier and nicer to be around – summer definitely brings out the best in me.

My biggest summer pleasure is diving and snorkelling. I haven't been since the girls were born because I love diving in places like the Maldives, which is too far with them, but one day I'd like to take them somewhere and teach them to snorkel. Morocco was pretty good in the meantime – not too far and guaranteed heat.

My perfect weekend would involve having friends over, with their kids, and being in the garden. I'd cook lunch, maybe a barbecue, with food bought at the Alexandra Palace farmers' market. We'd have lovely wine and sit outdoors until the sun goes down. I might also find time to watch a bit of telly – I'm currently watching and loving *The Trip to Italy* – or I'd read.

I'd choose a night in over a night out any time. But if I go out, it's to a restaurant with friends. Then, if we feel like dancing, we'll all go home to dance around my kitchen.

FOR THE PERFECT AGE.
LUMINOUS, HIGHLIGHTED COLOUR
WITH BRUSH FOR EASY APPLICATION.

BECAUSE YOU'RE WORTH IT.

NEW



EXCELLENCE AGE PERFECT

LAYERED TONE TECHNOLOGY:

- HAIR LOOKS REPLENISHED AND REVITALISED.
- ROOTS LOOK BEAUTIFULLY BLENDED.
- UP TO 100% GREY COVERAGE.

loreal-paris.co.uk/perfectage



Don't forget to be colour safe
becoloursafe.com

L'ORÉAL PARIS



*I*t's taken over 60 years
to look this good!
Helen Mirren.

The colours of summer

Sunshine-ready outfits to help you escape your neutrals

Bright idea

The best bright for those new to colour is cobalt blue. It's totally ageless and looks great on all skintones. Nothing says poolside perfection like a billowing, sheer kaftan – it's a must-pack. Double up on necklaces and go full throttle with a contrasting headscarf – a little retro, but so now.

Kaftan, £42, 8-18, Butterfly by Matthew Williamson at Debenhams. **Bikini top**, £19; **briefs**, £15, both 8-18, Monsoon. **Scarf**, £22, Betty Jackson.Black at Debenhams. **Short necklace**, £15; **long necklace**, £15, both Wallis ➔

Tropical style





Sunshine shade

When the sun shines, turn your back on black – it's all about paintbox brights to lift your mood. Colour shy? Find your confidence with sheer fabrics. The transparent material instantly tones down vivid shades making them easier to wear. Try highlights of zingy yellow – it's a tone that was made for sun-kissed skin.

Kaftan, £40, s/m-m/l, Beach Boutique at Wallis. Halterneck **top**, £9.99, 6-18, New Look. **Bikini briefs**, £15, 8-18, Principles by Ben de Lisi at Debenhams. **Rings**, £19 for 4, Accessorize

Time for tee

Rekindle your love for the holiday staple – the trustworthy T-shirt. A bold punchy print transforms this simple round-neck tee into a statement piece – just what every holiday wardrobe needs. Give your T-shirt extra style by dressing it up with accessories.

Print T-shirt, £30, 8-20, Laura Ashley. Hawaii print shorts, £22, xs-l, Accessorize. Pompom necklace, £22, Cath Kidston





Jump to it

A jumpsuit should be at the top of your wish list – it spells modern summer glamour. Comfortable and stylish, it's as versatile as a dress, but it instantly elevates you to a fashion-forward look.

Jumpsuit with belt, £60, 6-14, Paisie.
Clutch, £16, M&Co. **Necklace**, £15, Daisy
& Eve at Evans. **Gold plait bangles**, £6,
Accessorize. **Bangles**, £12 for 3, Mood
by Jon Richard at Debenhams.
Sandals, £52, 3-8, Hush

Max out

The clever thing about maxi dresses is that they work around the clock. Long, loose and easy to pack, they are what summer holidays are made of – whether you're slipping something over your swimsuit or dressing up for the dance floor. Hang loose or cinch in that waist with a skinny belt – the choice is yours.

Silk maxi dress, £99, 8-18, Phase Eight.

Necklace, £14, Accessorize ➔



Beach bright

Make the most of your tan and go fun and flirty with a colourful off-the-shoulder top – a little flash of shoulder can be just as sexy as cleavage. Wear it to the beach, at the beach, after the beach... If you have good legs, let them have an outing and team with standout shorts.

Off-the-shoulder **top**, £26, 6-22, Next.
Belted **shorts**, £14.99, 6-18, New Look.
Bangle, £9.50, Allusions at BHS ➔



Prints please

If you feel more comfortable with the classics, you can't go wrong with a slip-me-on luxe tee and tapered trousers. Rev up your tailored separates and go for the full fashion clash and mix two prints together. Just make sure they have at least one colour in common.

Scarf print **top**, £69, 8-18, Biba at House of Fraser. Tapered **trousers**, £29, 8-22, M&Co



Sunny delight

Zero time, max style? Warm weather calls for easy (and eye-catching) dresses. Swish through the morning markets or stroll sunset shores with a throw-on-and-go sundress. A floaty hip-skimming skirt, waist-defining belt and exotic hotchpotch print – with this baby, you can't go wrong!

Belted dress, £99, 6-22, Boden.

Sandals, £35, 3-8, Debenhams

Styling: Amanda Marcantonio

Assisted by: Helen Johnson

Photography: Romi Stern

Hair & make-up: Robyn Nissen

With thanks to: Gavin Schneider
Productions (gsproductions.co.za)

PANTENE



*Visibly
healthier hair with*
**EVERY
WASH***

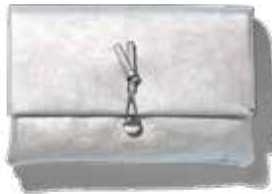
Discover the all NEW Pantene with clinically proven anti-oxidant technology** working at hair's core. The Pantene Pro-V formula detects and then micro-targets recurring damage. For hair that gets visibly healthier and more beautiful with every wash*. Give up on other shampoos and see the Pantene proof for yourself.

CLINICALLY PROVEN

*shampoo + conditioner vs. non-conditioning shampoo
**excl. Anti-Dandruff & Expert Series.

Lovely looks LESS LUGGAGE!

Our versatile capsule wardrobe makes holiday dressing easy and effortless



Clutch,
£28,
Wallis



Cardigan,
£49.95, s-xl,
Lands' End



Sandals, £17.99, 4-8, New Look



Dress,
£65, 6-14,
Paisie



Shirt, £25.99, xs-l, Zara



Swimsuit,
£55, 8-18,
Phase Eight



Top, £28,
8-18, Wallis

ACCESSORIES



Jeans,
£20, 8-20,
BHS. **Belt,**
£10, xs-xl,
Next



Bag,
£49.50,
Banana
Republic



T-shirt, £35,
8-22, Monsoon



Sunglasses,
£15, Louche
at JOY



Trilby, £14,
Simply Be



Necklace,
£9.99, H&M



Earrings, £6,
Accessorize



Sandals, £28,
3-9, Next



Shorts, £45, 8-18,
Phase Eight



Skirt, £30,
8-16, Oasis



Scarf,
£50, East

TURN THE PAGE FOR 14 DIFFERENT WAYS TO WEAR THIS CAPSULE WARDROBE ➡



Slim down your luggage with a 'wear everywhere' dress. Style it up with heels and a necklace, or dress down with flats and a hat.



A metallic bag will glam up everything in your suitcase. The bonus? By unclipping the detachable straps, you'll have a clutch for cocktail hour.

Try this

Your cotton scarf doubles up as the perfect poolside cover-up.



Stress less and style smart by using an unbuttoned shirt as a jacket. Push back the sleeves for instant cool.

Luxe details transform practical outfits for night-time. Keep a statement necklace on standby to take you from beach to bar.

Try this

Pack statement tops and simple bottoms so you get a wider variety of outfits.

If luggage allowance is particularly tight, pack a pair of metallic flat sandals. Day or night, city or shore, they will go with everything in your suitcase.

Thought your white skinnies were just for day? A touch of metallic makes them evening-worthy, too.



NEW



**MMMM... DELICIOUS
AND 99 CALORIES**

Horizontal stripes = instant curves!



Striped, £45, 6-22, Boden



Floral, £39, xs-xl, HotSquash



SHORT
Show off slim pins in designs that are sweet and stylish.

Broderie, £33.99, 8-16, Seafolly at House of Fraser



Green, £34.95, 6-20, Joules



Red, £14.90, 4-14, Uniqlo



Floral, £14, 8-24, George



Coral, £30, 6-16, Oasis



SKORT
Fun, flirty and flattering, swingy A-line's play up a feminine shape.

Cobalt, £49, 6-18, Pied a Terre at House of Fraser



Lemon, £16, 6-22, Next



Striped, £32, 6-18, Next

Wide waistbands
slim & trim tummies

Sensational SUMMER SHORTS

Thought you couldn't wear shorts? Think again – there's a length for everyone



Chambray, £80, 6-18, Jaeger



Floral, £34, 6-20, Next



MID-LENGTH
If you're looking for extra coverage, chic and sleek city shorts are perfect.

Pink, £10, 6-22, F&F



Floral, £14, 8-20, BHS



Sailor, £49, 6-22, Boden



Floral, £16, 6-22, F&F



Fuchsia, £23, 16-32, Yours Clothing



CULOTTES
This season's superstar, with a nipped-in waist and a 'roomy where it counts' cut.

White, £30, 8-20, Red Herring at Debenhams



Denim, £35, 14-32, Simply Be



Spotty, £69, 8-18, Phase Eight

Team with streamlined tops

**VJV
PRICE
GUARANTEE**

VOYAGES JULES VERNE

discovering a World of Wonders . . .

Travelling with Voyages Jules Verne, with over 35 years of experience, opens the door to a World of Wonders, rich in history, culture and natural beauty. Our tours of limited-sized groups span the globe following carefully devised itineraries by air, road, river and rail that capture the true essence of your destination.



The Gift of the Nile

7 nights full board from £845

A luxurious full board cruise to the temples and tombs between Luxor and Aswan. Enjoy an optional private cocktail reception at the Victoria Lounge in the Old Winter Palace, with a visit to the illuminated Luxor Temple and an Abu Simbel excursion. Red Sea and Luxor extensions.



Hemingway's Cuba

15 nts half board† from £1795

A comprehensive tour of the Caribbean's most intriguing island. Visit Havana, colonial Cienfuegos, UNESCO World Heritage site Trinidad, Varadero, Soroa, Santa Clara, Remedios and the beautiful Viñales Valley. VJV Special Event – Hemingway's Haunt.



Images of India

17 nights from £1895

Travel from the spectacular Golden Temple at Amritsar and the foothills of the Himalayas, to the majestic Taj Mahal in Agra, including Mumbai, Jaipur, Delhi, McLeod Ganj, Shimla and the Rajasthani wildlife park of Ranthambore. No Single Supplement (May 4/limited availability).



Amalfi, Pompeii & Sorrento

7 nights from £775

Stay on the beautiful Neapolitan coastline at the 3-star Villa di Sorrento or upgrade to a selection of 4-star hotels. Visit Roman Pompeii, take a drive along the 'Divine Coast' to Amalfi and enjoy a walking tour of Sorrento with wine and cheese tasting. 7-night extension available.



Secret Balkans

8 nights from £1025

This unique arrangement combines the lesser known Balkan countries of Serbia and Montenegro, with visits to Albania and Croatia. Explore hidden gems and magnificent scenery by boat and train visiting Belgrade, Kolasin and Petrovac. Enjoy a VJV Special Event included.



Grand Tour of Morocco

14 nights from £1695

From the High Atlas and Rif mountains, to the Atlantic coast, Imperial cities and the fringes of the Sahara Desert. Visit bustling Marrakech, Casablanca, Rabat, Tangier, Fez, Volubilis, Erfoud, the Todra Gorge, Ouarzazate, Taroudant and Essaouira. VJV Special Events.

For more information on these and other arrangements, please call or visit our website

0845 166 7447 | 020 7616 1000

www.vjv.com/prima



Sales & Information: Monday to Friday 8am to 7pm and Saturdays 9am to 5pm



Suitcase SECRETS



Holiday wardrobe panic? Follow fashion editor Amanda Marcantonio's top tips for packing like a style queen...



Necklace,
£15,
Accessorize

✿ **If your airline has a tight restriction on luggage allowance**, don't pack a bulky beach towel, pack a sarong instead – they're brilliant multitaskers.

✿ **From plane to beach**, I always carry my hand luggage in a tote that's roomy enough to use as a beach bag, but smart enough to use in the evening.

✿ **Stick to a colour palette of no more than four shades** and you'll find that all of your holiday wardrobe works together. This year I'm packing elegant black, crisp white, zingy coral (looks great on brunettes) and cobalt blue as an accent colour.

✿ **If, like mine, your face gets a little spotty when you use normal suntan lotion**, I'd recommend Bronz Repair Anti-wrinkle Tanning Cream by Institut Esthederm. It helps my face look radiant and spot-free, smells divine and is so worth the price tag.

✿ **We've all done it – packed four pairs of shorts and then only worn one pair all holiday**. I start by laying my holiday clothes on the bed and then style my outfits. It's the same approach as planning a photoshoot; it takes some time, but you won't end up with lots of extra bits you don't need.

✿ **My rule of thumb: pack three tops for each bottom**. You're likely to end up living in your white cotton skirt or black linen trousers and just swapping your tops.

✿ **For my summer getaway**, I'm packing a pair of roomy, wide-leg culottes. They're a great alternative to shorts if you want to stay cool but prefer more leg coverage. A 2015 must-pack!

✿ **I never take heels on holiday**. I take metallic flats instead. They're the any-time, anywhere shoe.

✿ **Just had a pre-holiday mani or pedi?** Take the colour with you – a chipped nail varnish rescue remedy!

✿ **My trusty trilby always comes with me to hot climates**. It's great for keeping cool and works wonders at disguising frizzy hair. My top tip for packing a hat? Place it upside down in your case, then pack everything else around it, stuffing undies and swimwear inside to help keep its shape.



Maxi dress,
£79, 8-18,
Phase Eight



Trilby, £19, Accessorize



Culottes,
£40, 8-16,
Oasis



Swimsuit,
£58, 30D-38G,
Sophina at
Figleaves



T-shirt, £16, 8-24, George



Sandals, £35,
3-8, Office



Sarong, £30,
Cath Kidston



Tote, £89, Phase Eight



Sunglasses,
£125, Ray-Ban at
Vision Express



Top, £59, 8-18,
Mint Velvet

**Bronz Repair
Anti-wrinkle
Tanning
Cream**,
£55, Institut
Esthederm
at Space.NK



For where to buy, see page 168

Prima promotion

Feel the heat

Uncover a range of gorgeous accessories this summer at George at Asda – stylish pieces to put the finishing touch to any outfit, whatever the occasion

From belts to bangles, sandals to sunglasses, elegant accessories set the tone for laid-back summer style. At George at Asda, the new-season collection is filled with stunning pieces showcasing tassel details, jewelled embellishment and touch-me textures. You'll find statement accessories to take you straight from beach to bar, while classic shades and an on-trend saddle bag are perfect for lazy days by the pool. Visit George.com for more eye-catching accessories at affordable prices.

Clockwise, from top: Rose gold tassel necklace, £6. Saddle bag, £12 (available mid July). Rose aviators, £3.50. Rose gold stone lace collar, £6. Gold bangles, £6 for set. Mesh & tassel wristwear, £4. Shell chandelier earrings, £3. Gemstone sandals, £16. Plaited belt, £4

George

Exclusively at ASDA

#FASHION UNEXPECTED



£65, 6-16,
Cath Kidston

Jump start

Give your summer dress a day off and embrace an all-in-one instead. Jumpsuits are a summertime staple for us: they're stylish, figure-friendly and, most importantly, comfortable.



*Dress it up
or down
effortlessly*

£79, 8-18,
Phase Eight

£25, 6-20, F&F

Buy it, wear it, love it!



Dress, £50,
8-18, Wallis.
Trousers,
£38, 8-18,
Debenhams

IT'S A COVER-UP

Don't forget to pack a few beach-beautiful cover-ups. Slip maxi dresses, silky trousers and kaftans over your swimsuit for lunch poolside, then team with sparkly sandals for after dark.

Kaftan, £42, 8-18, Debenhams



WIN £500 TO SPEND AT Damsel in a dress!

The sun may still be shining, but now's the time to get ahead with a few autumn buys, and we would suggest you start with Damsel in a dress. The sleek silhouettes, beautiful digital prints and classic but cool separates have stormed to the top of our wish list. We've teamed up with Damsel in a dress to offer one lucky reader the chance to win £500 to spend on its new collection.

● To enter, visit prima.co.uk/fashion by 5 August 2015.



TERMS AND CONDITIONS: This competition is a prize draw to win £500 to spend on any full priced products online at Damsel in a dress by 30 November 2015. Entry to competition is free and open to UK residents only. This competition is open to all UK residents, except for the staff of Damsel in a dress and any related third-party retailers involved in a specific competition, and their families. The competition can be extended or cancelled at any time without notice. Entrants must be over 18 years of age. The competition winner will be selected by Prima magazine and passed on to Damsel in a dress after the closing date. No alternative to the stated prize is available. Any prize not claimed within 28 days of sending notification of a winning entry shall be forfeited. On receipt of an entry, the competition entrant is deemed to have accepted these terms and conditions and to have agreed to be bound by them.

LUST HAVE!

Lingerie designer Aliza Reger has teamed up with JD Williams to create some pretty underwear. Modelled by 1970s supermodel Marie Helvin – who, at 63, looks incredible – this range will make you feel body-gorgeous.

Bra, £25, 34B-50F; **briefs**, £14, 12-32, JD Williams



IT'S SUMMERTIME ...and *relax*

This time of year is the perfect chance to unwind, so why does it just feel so difficult at times? Here's how to achieve maximum bliss

Long, lazy sunny days are the ideal opportunity to indulge in a little R&R. Only there's one problem: you can't switch off. Sound familiar? Well you're not alone, as research reveals that one in five of us spend our summer holidays worrying about work, family and other pressures*. But don't fret – we've asked the experts for some clever strategies to help you find calm, wherever you are this summer.

Simple steps to relaxation...

SET BOUNDARIES

A shocking 36% of families admit to checking and responding to work emails when they're away**. 'Avoid checking your phone more than once a day. Limit yourself to half an hour, if possible,' says Denise Taylor, business coach from amazingpeople.co.uk. 'You'll get through the emails faster if you know there's a time limit. And remember, for most emails you don't have to respond on the same day.'

TAKE A FIVE-MINUTE HOLIDAY

Even if you can't get to the beach, you can still get away from it all. Neil Shah from the Stress Management Society suggests lying or sitting down as you close your eyes and imagine you're on holiday. 'Feel the sand under your toes, the sun on your face and the waves crashing on the shore,' he says. 'See the bright blue sky and listen to the leaves rustling in the breeze.'

TRY BLUE-SKY THINKING

Meditation isn't just sitting around for hours contemplating your navel. The process of quietening your mind helps combat stress and lets you step back from your feelings so you don't get overwhelmed. Start by trying meditation in 10-minute chunks courtesy of the Headspace app (headspace.com), created by former Buddhist monk Andy Puddicombe. Andy's soft, lilting voice makes for a relaxing experience, and the free 10-day course lets you see if meditation is for you.

CLENCH AND RELEASE

For a stress reliever, tense then release all the muscles in your body in sequence. 'Feel the relaxation growing each time you release the tension,' says Neil.

USE MAGNESIUM

If you're suffering tight, tense shoulders or joint pain due to stress, try a comforting spritz of magnesium oil. 'Our bodies don't absorb the mineral well from supplements, but a spray is easily absorbed into the body through the skin,' says pharmacist Shabir Daya. Try Pure Magnesium Oil Spray, £16 for 236ml, Victoria Health.

FORGET THE DISHES

If every self-catering holiday leaves you feeling in need of a break afterwards, plan ahead, says James Parker, operations director at Tregenna Castle Resort. 'Arrange to have food shopping delivered on your first day to make the most of your time. Many resort restaurants offer a takeaway service, so you can relax without cooking.'

EAT AWAY STRESS

Cake may give you a quick high, but 'sugary snacks spike your blood-glucose level, making you feel even more jittery,' explains Elizabeth Somer, author of *Eat Your Way to Happiness* (Harlequin, £7.99). 'Try dipping fresh strawberries in dark chocolate sauce. The vitamin C reduces stress-induced free radicals, while the dark chocolate helps lower stress hormones, such as cortisol.'

Break the rules

Sometimes we can take adult life a bit seriously, so it's good to recreate happy memories we experienced when we were younger. So the next time the children are driving you mad, instead of getting het up and stressed, try joining in, suggests Kelly-Jane McLaughlin from Dynamic Family Chiropractic. 'Play on the beach, let your hotel room stay messy, have fish and chips on a park bench or an ice cream in the rain. Throw rules out of the window so you can create new ones and find a different kind of happy calm.'

Instant stress savers

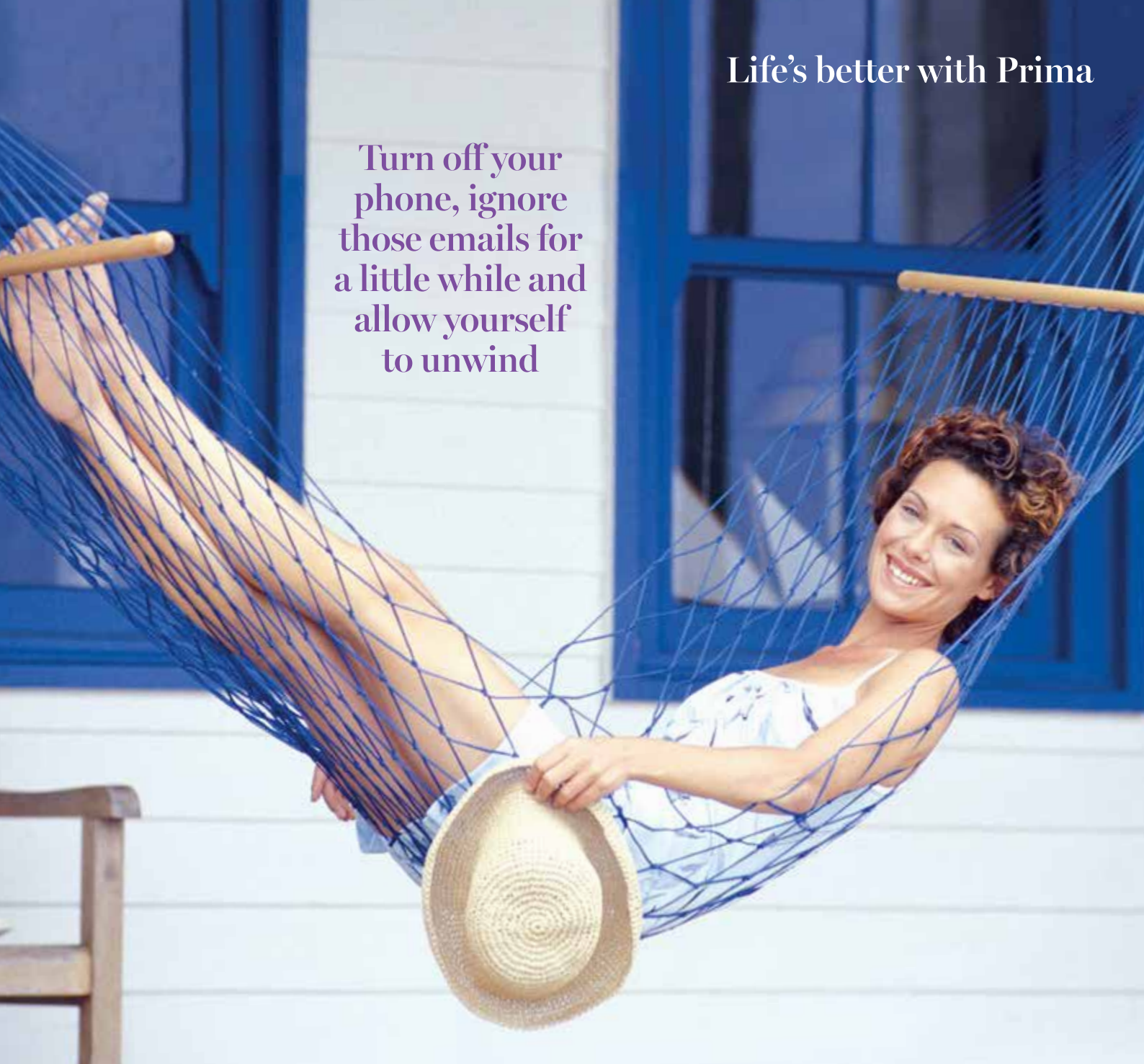
Chiropractor Kelly-Jane McLaughlin reveals her favourite ways to relax.

A wow a day: You might feel silly at first, but start your day by saying 'wow' out loud. This one little word moves all the muscles in your face, which not only alleviates tension but also makes you smile.

Reframe your mind: Before you go to sleep, write down three things you're grateful for. This will force you to see the good as well as the bad – reminding you of your different emotions. You'll end your day in a positive frame of mind.

Salute to the sun: Find instant calm on holiday by watching the sun set and rise. This simple feel-good action helps balance hormone and brain chemical levels, which in turn encourage excellent sleep patterns.

Turn off your
phone, ignore
those emails for
a little while and
allow yourself
to unwind



A brilliant night's sleep

Dr Nerina Ramlakhan, sleep and energy expert at Nightingale Hospital, explains how to get the night of your dreams.

Eat breakfast within 30 minutes of waking: This increases the production of neurotransmitters, which in turn enhance levels of serotonin and melatonin. These help you to feel better and sleep well at the end of the day.

Stick to routine: Human beings respond well to rituals, so put aside some time to wind down before bed. Whether it's reading, a bath or meditation, the trick is to stick to it.

Don't clock-watch: If you wake in the night, resist the urge to check the time as you'll be more likely to fret over how little sleep you're getting. Instead, close your eyes and concentrate on breathing deeply through your mouth and nose, which will reduce your heart rate and leave you sleepy and relaxed.

Find peace on the plane

Start your holiday as soon as you board the aircraft, says Carly Swaine, cabin service supervisor from Virgin Atlantic.

Fill up on fluids: Drink at least one litre of water before, during and after your flight to keep you hydrated.

Electrolyte drinks, such as Gatorade, are also great options to keep your body energised and refreshed.

Skip the make-up: Tight, dry skin only adds to the feeling of exhaustion when you land. Feel revitalised by removing make-up, applying a generous layer of moisturiser and using a hydrating facial spray containing essential oils.

Be comfy: Take a change of clothes on board. A pair of jogging bottoms or yoga pants allows you to relax and ensures your clothes stay wrinkle-free throughout your journey.

M&S

EST. 1884

The official partner
of the World's Biggest
Coffee Morning

CAKE
TASTES
BETTER
TOGETHER

Get together for a great cause

Share a slice of something nice at home or at work
on **Friday 25 September** and raise some
money to help people facing cancer. Get your
fabulous free Macmillan Coffee Morning Kit.

Text **BETTER8** to **70550**
or visit macmillan.org.uk/coffee



FREE CAKE
STENCIL



WE ARE
MACMILLAN.
CANCER SUPPORT



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

Sorry, a moment of your time please...

According to writer and stand-up comedian Viv Groskop, for most of us, sorry really isn't the hardest word

When I was in a coffee shop recently, I finally realised I had lost the plot. 'Sorry. Decaf. Yes. Sorry.' I was already feeling bad for having ordered decaf when any normal person would go for caffeinated. And obviously I could see they had spelled my name wrong on the cup – 'Fif' – and I knew I would be too embarrassed to say anything.

So it went on. 'Sorry. Could I just have one shot?' I hate strong coffee. Really, I should learn to like strong coffee. 'Sorry, is it possible to have a lid?' Then as the coffee was passed to me, the barista's hand slipped and the whole thing poured on to the floor. 'Sorry!' I trilled, wiping the scalding mess down my trousers.

Another coffee was made. And I also made something of my own that day: a resolution. I'm done with saying sorry, especially when it's not my fault. How many times a day do we apologise for things that are perfectly normal requests? 'Sorry, could I have a croissant?' 'Sorry, what time is the next train?' 'Sorry, I'm apologising too much, aren't I?'

These are peculiarly British – and, usually, female – apologies that are entirely unnecessary. No other language uses 'Sorry?' instead of 'Pardon?' when you've missed what someone has said. No other nationality apologises as frequently as we do (an estimated 1.9 million times in a lifetime*). No other country has made apologising to someone who knocks into you a sport.

I understood just how bad this was when I registered how often I was instructing my three children (all under the age of 11) to say sorry to people. Often their apologies

were necessary. 'Mummy, why is that lady so fat?' would be countered with: 'It's rude to make comments. Say sorry to the lady.' But other times I was encouraging them to be just as pathetic and needy as I can be with my apologetic gurning.

'Sorry, are we in your way?' 'Sorry, I'll tell them to be quieter.' 'Sorry, the baby changing room seems to be flooded...'

This is not the way to bring up children – especially daughters – to be assertive and to speak their minds. They have a right to speak up (unless they are commenting on peoples' weight. Still haven't quite figured out how to silence that one yet).

They have a right to be children and play noisily and be silly (within reason). And they have a right to expect toilets and baby changing facilities that aren't stinky or flooded. These aren't things we should be apologising for, they are things other people should be apologising to us for.

And so I started writing a comedy show, *Say Sorry to the Lady*. It examines all the reasons we say sorry. And I've been asking audiences up and down the country who they'd most like to get an apology from.

Men often want one from a political figure, but women usually mention nasty schoolteachers or relatives: 'The teacher who told me no one likes brainy girls'; 'My mum, for telling me I'd never look good in a swimsuit'.

This is how we've learned to be apologetic: because a lot of us were told we were a bit rubbish as children. How sad that we're all hanging on to these resentments. I haven't recommended therapy to an entire audience yet (although I nearly have). But I can report that giving up on expecting an apology from someone who hurt you years ago is very freeing. And so is buttoning your lip any time your own 'Oops, sorry...' is about to pop out.

We're probably never going to get the apologies we'd love to hear in life, but by making fewer of our own, it's one way of getting even. And I'm not sorry to say that.

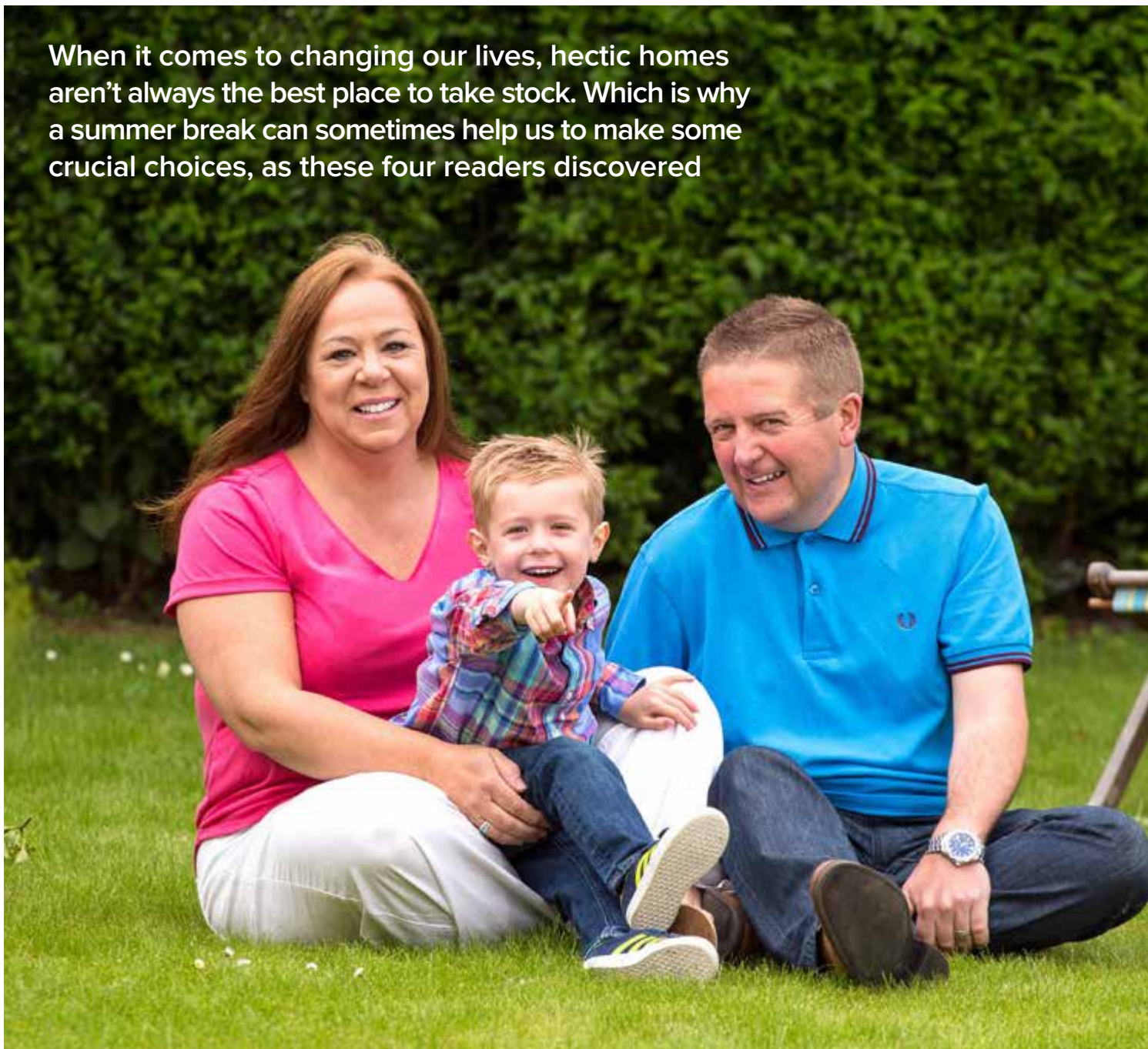
• Viv Groskop's stand-up show *Say Sorry to the Lady* is at the Edinburgh Fringe from 7 to 30 August. For tickets, visit edfringe.com or call 0131 558 7272

Sorry!



Our deckchair decisions

When it comes to changing our lives, hectic homes aren't always the best place to take stock. Which is why a summer break can sometimes help us to make some crucial choices, as these four readers discovered



'It took us one evening to make the biggest decision of our lives'

When Pamela Shoesmith, 46, a personal assistant from Wakefield, West Yorkshire, saw a happy family on holiday, she knew how she could make her world complete.

Relaxing by the pool, I took in the scene. My husband Gavin was lying next to me, sprawled out on the sunbed, and all around us were couples and families enjoying the beautiful Corfu weather; reading, swimming and chatting,

as children played in the water – their excited screams permeating the air.

Then, one family in particular caught my eye. The parents looked to be in their late forties, while their two children looked nothing like them, or each other. I had the impression that they were probably fostered or adopted, but they were having so much fun together, I couldn't take my eyes off them. Inside I thought: "That could be me and Gavin, and our children."

When we went on that holiday to Corfu in 2010, we'd been trying for a child for two years but with no success. We'd met in 2006, when I was 37 and Gavin was 32, and that was my biggest frustration; if we'd met in our twenties, would we have ended up with a football team?

SEEING IS BELIEVING

I was 41 when we went on that holiday and although we hadn't stopped trying or hoping, deep down, I think I knew it wouldn't happen and that's why that family stood out. We'd agreed we wouldn't go down the IVF route – we weren't spring chickens, and we dreaded breaking ourselves financially and still not getting the son or daughter we craved.

But when I saw that family, it stirred something in me. You can read testimonials in books about how happy a family who adopts can be, but it's far more powerful when you see the evidence in front of you. I looked at them and realised we could be as happy as they were; we could make it work.

Later that night, over dinner, I mentioned the family to Gavin and remarkably he said he'd noticed them too. It started a conversation that we hadn't had time to have: could we love an adopted child? What did we have to offer? Were we strong enough to go through the rigorous process?

Looking back, we needed that holiday to get everything straight in our heads. It was a very emotional time and, at home, when we'd come in tired from work, it was



Pamela and Gavin with the son they'd always longed for

never the right time to lay our thoughts and emotions on the table. But in Corfu, we were relaxed, chilled and gave the subject the time it deserved. At the end of the night, we decided we wanted to adopt.

Just coming to that decision was life-changing. It was a relief to know we were going forward, while accepting that one part of our life had come to an end. But mostly, it was exciting.

The process was as long, exacting and intrusive as we thought it would be, but two years later, in September 2013, we were asked to meet one-year-old Olly*. When I walked into his foster parents' home and he came over to give me a hug, I wanted to cry with the overwhelming love I felt. He was gorgeous and I couldn't believe that after all that time, we'd finally found our son.

Almost two years later and I can't imagine life without Olly. He's cheeky, funny, outgoing and has a smile that melts my heart. When I look at him, I can't believe that the lovely little boy in front of me is ours. We still go back to Corfu because it

means such a lot to us, and Olly knows that. And he loves it. He knows everyone at the hotel and has them wrapped around his little finger. But mainly we want him to grow up understanding why it has such a special place in our hearts; because two of us went to Corfu on our holiday, but in our heads, three of us arrived home.'

For more information, visit adoptionuk.org

'We want Olly to understand why Corfu is so special to us'

funny, outgoing and has a smile that melts my heart. When I look at him, I can't believe that the lovely little boy in front of me is ours.

We still go back to Corfu because it



'I lapped up every new experience'

A holiday inspired Wendy Watson, 55, from Maidstone, Kent, to lose weight, but it took her on an exciting journey that led to a new career, too.

The sea in Mexico was a vibrant turquoise, clear and warm. Floating on the water with my snorkelling gear in place, I felt so peaceful and happy, watching turtles swimming around me and listening to the "pop" as they came up for air and then dived back down.

I headed back to the beach to share my experiences with my husband Roger, and as I walked to the shore, he came up out of the water and surprised me by taking a picture. My hair was bedraggled and I still had my mask on. Laughing at him, I said, "You better get rid of that one." But he knew I was joking and he winked back at me.

How things had changed! Just one year earlier, Roger had suggested a big birthday party for my forthcoming 50th. I should have been thrilled, having all my best friends in one place to celebrate something so special. Instead, I was

appalled, saying: "If you think I want a party to celebrate getting old, you must be mad!" At the time, I thought it was the ageing process that was getting me down. Now, five years later, I know that I wasn't disillusioned with life, I was disillusioned with myself. As I headed toward 50, I was the biggest I'd ever been: a size 16 and 12st 5lb, far too heavy for my 5ft 6in frame. My weight made me miserable to the point

where I couldn't see anything in our future that excited me.

There are lots of different ways that people choose to lose weight, but for me, it was Herbalife. I liked

the mix of shakes, proper food and the way it concentrated on nutrition and not just weight loss. After signing up to the programme, I lost an astonishing 44lb – over 3st – but the weight loss was just the tip of the iceberg. It wasn't only my body that changed, it was my outlook.

Overweight, I'd had no self-esteem.

On our first holiday to Mexico 10 years earlier, I'd cringed walking from our hotel to the beach, worried that everyone would be looking at my fat body. I covered up, hated having my photo taken and had avoided any sport because I knew it would make me breathless.

NEW OPPORTUNITIES

But, after I slimmed down, I was a different woman and, when we returned to Mexico, I felt a lightness inside. I seized any opportunity to do something fun – swimming, hiking, snorkelling – eager to lap

up new experiences. And, as I sat on the white, soft sand, looking out at the sea, I realised I wanted to share my newfound joy and help other people. I was an office manager and I did a good job, but why do that when I could spend my days doing something I was passionate about?

Back home, I contacted Herbalife and, with their help, I became a wellness coach by the end of the year. Now, five years later, I have 30 clients, ranging from overweight mums to people who just want to feel healthier. I help them to hit their target weight, and teach them about nutrition and a healthier lifestyle (though, if you ask Roger, he'd say I spend my days drinking tea with my new friends!).

I see my old self in a lot of my clients; people who are a bit despondent with themselves and the lives they are leading. But I know that once they've reached out to me, they're at the start of a remarkable journey. It's one that I made, and it's one that changed my life forever.'

'It wasn't only my body that changed, it was my outlook'





‘I looked into my future and refused to accept a shallow life’

Arabella Northey, 37, from London, boarded a boat in Turkey feeling frazzled and returned home with a fulfilling new life plan.

Lying on the deck of a boat, with the sun on your skin and being gently rocked by the waves is extraordinarily restful. It was the summer of 2005, and that’s how I spent most of my two-week holiday, sailing around the small islands off Turkey with friends.

I relished the opportunity to relax. When I stepped on board, I was drained and exhausted. I was 27 with a career in the financial sector and had just been through a gruelling period, working until 3am, then back in early the next day.

Looking back, I was dead to the world, and dissatisfied with my job. I had just been turned down for a promotion and, tinged with frustration and disappointment,

I decided on that holiday that my life needed a tweak – by the end, I was giving it a major overhaul!

We spent that first week lying around, listening to music and swimming in the sea. In the evening, we’d eat at a little taverna and then stroll back to the boat. It was a million miles from my hectic life in London.

I had worked in finance since graduating and it was a complete buzz. Yes, the hours could be long, but the rewards were immense; a good wage, a brilliant social life – and it gave my self-esteem a boost. My job defined who I was: Arabella, with fabulous clothes, lots of friends and frequent weekends away. Didn’t I have it all?

As the first week slipped into the second, my friends and I started to talk about our lives. I told them about my work

dilemma: I needed a new job, but should I stick with a smaller firm and try for a promotion, or should I target a bigger city company? They asked which would make me happy, and it hit me like a bolt: I didn’t expect either to make me happy. While I felt a good salary would make my life more comfortable, I didn’t expect any satisfaction from the job itself.

I sat on the deck, staring out to sea trying to think of what I wanted from a new job, but I only knew what I didn’t want: one which was solely geared to the pay cheque.

A WORTHWHILE EXPERIENCE

Between graduating and starting work, I had spent some time teaching in Zimbabwe – it was something I’d really enjoyed and it had felt worthwhile. But even if teaching was a profession that would make me happy, could I actually give up a successful career and start at the bottom again? When I looked 10 years into my future, a life in finance looked shallow. A life in teaching didn’t.

Once I’d made up my mind, I didn’t look back. When I came home, I applied to schools who would train me on the job, and was lucky enough to be offered a place. I started that September. My old boss said I was being silly to get this far to throw it away and go back to the beginning. I remember thinking that she made my life sound like a game of snakes and ladders. My friends weren’t surprised, though. Once they were over the shock, they pointed out that I was always the one who’d volunteer to explain things. They thought I was a natural born teacher!

I’m still passionate about teaching. Of course, there are times when it’s hard, but I get such a deep sense of satisfaction

from what I do. Every day it’s up to me to make my classroom an exciting place to be; I love that. And, when I develop a relationship with a child who’s struggling, or who

lacks confidence, it can feel amazing.

My life feels enriched now. I come home from work exhausted but inspired by the kids and my colleagues. When I look back on that holiday, I feel so grateful for the time I had to think about my own future because who knows where I might have been otherwise. ➔

‘Now I come home from work exhausted but inspired’

'I looked into his eyes and knew he was The One'

Libby James, 32, from Tunbridge Wells, Kent, fell in love with more than just the stunning scenery on a trip to Africa.

The moment I knew Oliver and I should be together was over a candlelit dinner in Kumi, Eastern Uganda.

We were staying at a lodge surrounded by beautiful waterfalls and as we talked I could hear the water cascading in the background. Over dinner, we discussed our ideal partners. Oliver described his as "tenacious, driven, caring and fun to be with", and as I listened, all I could think was: "My God – that's me!"

But I never for one moment thought it would happen because, as wonderful as that night was, Oliver and I weren't on holiday. In fact, we were on a two-week work trip and we'd managed to squeeze in a weekend of sightseeing between meetings. More to the point, Oliver wasn't just any colleague, he was my boss.

By July 2013, the date of the Ugandan trip, I'd worked with Oliver for two years and, for most of that time, we'd both been in relationships. But Oliver and his wife had separated earlier that year and, shortly after, I'd split up with my boyfriend of seven years.

Oliver is fiercely intelligent and passionate about what he does and, even though he was chief executive of a charity, he was always very approachable. The few times I learned more about him were social occasions. Once, when the whole office had gone out to celebrate a colleague's birthday, we'd ended up sitting together. My mum died when I was 10, and his mother left when he was young and we



chatted about how those experiences had affected us. I remember thinking that he felt a bit like family because we fitted together in that same comfortable way. Yet I never considered a romance; after all, he was the boss.

Our work involved a lot of overseas travel, and when we realised we had a free weekend in Uganda on this particular trip, we'd decided to go to Kumi together to see the waterfalls. We arrived at 7pm, just as it was getting dark, and went straight to dinner. That evening, we talked, laughed, and as I looked at Oliver over the flickering candles, I thought: "I really like you."

He opened up more about his mum, and I put my head on his shoulder. He pulled me in close to him and it felt like the most natural thing in the world.

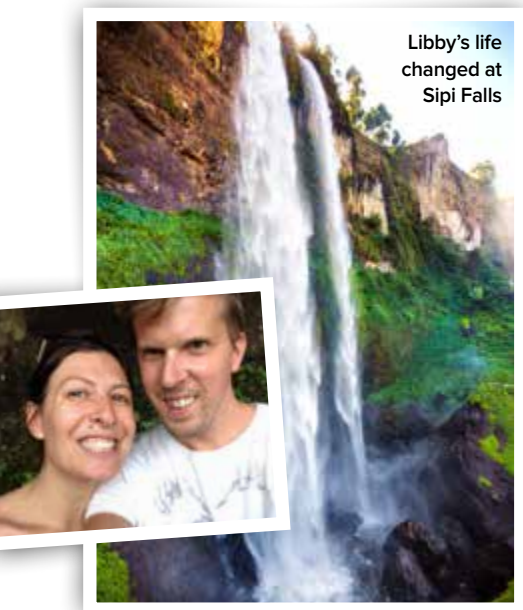
We spent our first night together and, in the morning, I couldn't help but wonder if it had meant as much to him as it had to me. But that day, as we walked to the magnificent Sipi Falls, on the foothills

of Mount Elgon, Oliver took my hand and I knew then that we would be together forever. We stood watching the mountain rivers plunge down the sides of the cliffs; a spectacular sight and a fitting way to mark the start of a very special part of our lives.

MEMORABLE MOMENTS

We were married almost a year to the day later surrounded by friends and family in my dad's garden decorated with origami cranes, pompoms and tea lights. Three months later, we went back to Sipi where we made another big decision – to leave our jobs and set up our own charity, Wiki Development, to help organisations and charities share what they've learned so they can all work more efficiently.

Working with my husband is daunting and incredible. He's brilliant at what he does and very inspiring. Oliver is, without doubt, the right man for me, but it took two years, big changes and a candlelit dinner by a waterfall to bring us together.'



*The comforting taste
you love.*



*Enjoy the comforting,
creamy caramel taste
of Werther's Original.
Only without the sugar.*

Full taste, no sugar.

Is it just me?

The three little words that'll terrify any man: 'Let's go shopping'



Never is the difference between the sexes more obvious than when it comes to a spot of clothes shopping, says Sam Cavitt

We had to buy my husband a new pair of trousers the other day. Now, generally, I love a bit of retail therapy, but my husband doesn't. Mention the word 'shopping' and he gets the same look on his face as our friend's Labrador gets when he hears the word 'vet'. To my other half, buying clothes is an unmanly and painful experience – just like having a pedicure.

I know my husband has a particular indifference to all things fashion – after all, this is the man who was once given the wrong pair of shoes upon leaving a bowling alley and wore them for three weeks without noticing. And, when I recently pointed out a rather nice linen shirt in John Lewis, he looked genuinely bewildered and said: 'But I have a shirt. Why would I need another one?'

Unfortunately, I don't think he's alone in this. While women regard shopping as a leisure activity, for most men it's plain torture. My girlfriends and I will happily trawl the shops for hours, fuelled by coffee and an occasional muffin. My husband would no sooner shop for fun than he would watch *Eat Pray Love*.

And he would never willingly try on a garment. Men hate trying on clothes – maybe because they're scarred from spending so much time outside women's changing rooms.

Or perhaps it's the fear factor. Most men's changing rooms are full of women, only too eager to give their opinion. While men dread being asked 'Does this suit me?' (my husband once feigned a choking fit rather than offer his honest opinion), in the men's changing room, wives and girlfriends are gloves-off brutal.

If men were as cruel as some women in the changing rooms, divorce rates would go through the roof. Seriously, what woman would put up with a man telling her, 'No, take them off, you're too old for jeans now,' or hearing their partner sigh disappointedly, 'Holly Willoughby looks good in them – why don't you?' And yet we think nothing of making unfavourable comparisons with George Clooney. (Or is that just me?)

And then, at the other end of the scale, there are the men who take too much of an interest in fashion. You can spot them a mile off. They'll probably own a suit in a daring shade, like royal blue or aubergine, a novelty evening waistcoat and at least one pink sweater (which they'll probably refer to as 'salmon'). Being

interested in fashion is one thing but, if left to their own devices, men can sometimes make bizarre fashion choices.

A divorced friend of ours recently asked me to help him shop for a blazer because he'd been advised by another (male) friend that such a garment would make him more attractive to women. I don't know about you, but I can't say I've been attracted to a man in a blazer since I had a crush on Greg Hill in the fifth form.

Harsh as it may seem, men do need to be told. They need to be warned that it's wrong for a man to wear a leather biker jacket if he doesn't actually own a motorbike, and a man over 40 in a flat cap may well be seen as old and not simply ironic. And, if they're my husband, they definitely need to be told very firmly that it's okay to possess more than one shirt. Ladies, I am on it...

My husband looked genuinely bewildered and said: 'But I have a shirt. Why would I need another one?'



Photo: Getty Images

*The chewy way
to enjoy sugar free.*



Available now in

ASDA

&

M

MORRISONS

Enjoy the comforting, creamy caramel taste
of Werther's Original. Now in a Chewy Toffee.

Full taste, no sugar.



A special bond: Cathy with her younger brother Matty



‘I’ve known such sadness, but this decade will be all about joy’

Prima’s books editor Cathy Rentzenbrink talks about the tragedy that defined her life – and how writing about it has helped her to heal

In the summer of 1990, Cathy Rentzenbrink’s younger brother Matty was knocked down by a car. It was two weeks before his GCSE results, which turned out to be the best in his school. In her new book, Cathy describes the accident and the eight years that followed as she and her parents willed Matty to survive. Cathy lives in London with her husband Erwyn and their son, Mathew.

My memory of growing up is that we were always happy. We all just really loved each other. My parents were so much fun and an unlikely couple in lots of ways: Dad was a scarcely literate tattooed Irish sailor and Mum was the head girl of the local grammar school when she got pregnant with me. Everyone said it wouldn’t last, but they completely loved each other, so much so, it sometimes embarrassed us because they were always holding hands and kissing in public – although we sort of loved it, too. They never argued and still

don’t now. I was like my dad, with my heart on my sleeve, quick to cry and laugh, while Matty was like Mum, who was calmer and logical; she was a tax inspector and liked things that could add up.

Matty was absolutely massive – both in size and personality. He was six foot four with extremely long arms, and was mischievous and loving. He was as likely to embrace me with his long arms as he was to sneak them past me to pinch me, like Mr Tickle. He was incredibly funny and bright, and very popular: everyone adored him. An alpha male, Matty was also very kind to others and stuck up for people. When I first heard he’d been in an accident, I thought it would have been because he’d intervened in a fight for someone.

When I went with him in the ambulance to hospital, it was the worst night of my life. I just wanted him to survive, no matter what. But I did not know then that there was something worse than dying – and that was to come.

Matty had a serious head injury. After an operation to remove a clot from his brain, he was kept in an induced coma for 10 days. I’d never heard the expression ‘head injury’ and had no concept of brain damage. We went to the hospital every day and sat with him. At first we saw tiny signs of improvement – a blink, a yawn, a slight smile – and hoped that they meant that he would wake up.

We made a pact that we’d focus on hope.

In the early days, the doctors would ask if we wanted them to treat Matty if, for example, he developed pneumonia – which he did. At the time, we just wanted him to live, so we said yes to treatment. What we should have been thinking was: ‘Would Matty want to live like this?’

People can get better after a coma, but Matty made no progress. He was very scientifically minded. I’ve often reflected that if it had been me who was knocked over, he would have been asking questions about brain scans and recovery rates. But



‘Writing has been so therapeutic and has transformed my life’

those questions didn't occur to me, even though, two years after his accident, a doctor described Matty as the most brain damaged person he'd ever seen. **After nine months, the hospital said they needed the bed for more hopeful cases.** So we knocked down our garage and built a bungalow filled with specialist equipment. We learned how to feed Matty using a feeding tube, wash him and help the physiotherapists keep his limbs moving. I always talked to Matty as though he understood every word I said, although there was no evidence that he did.

The tragedy of Matty getting hit by a car was one thing. But it was the eight years that followed, and our having to make the decision to let him die, that did so much damage to the rest of us. If we'd had the right support, it may have been less of a tragedy because I hope we'd have come to the conclusion that we did much sooner. **But eventually we reached a point where we felt Matty should be allowed to die with dignity.** We had to take the case to court, which ruled in our favour. But, due to restrictions around euthanasia, the only option was to withdraw Matty's nutrition

and hydration, and wait. He died 13 days later, eight years after his accident.

I did try before – and failed – to write about my brother. But I was terrified of going there, so I stuck to reading, which is my passion. Then I was on a work trip and my colleague Tom said I had to write it down. He bought me a notebook and told me to start writing on the plane on my way home, so I did.

Writing was frightening and unbelievably difficult. After many messy years, I was in a place where life was not that bad. I had a job I liked, a wonderful husband and a child, which I never thought would be possible because of the emotional risk of loving someone else. I was scared that in writing about Matty, I would undo all that.

I persevered, but there were times when I wondered if writing was a good idea.

Last Easter, we were in Cornwall with my parents and I'd written about 30,000 words, and I knew I had to go deeper. In our car on the way back to London, I came the closest I've been for years to a full-scale panic attack. It would have been easy to give up then, but I became convinced that it was important for me to finish the book and that, if I could face it, I'd feel better.

And I was right – I do. I feel great. Writing this book has been so therapeutic and has transformed my life. It has allowed me to look at my younger self with compassion and feel sorry for how sad and lonely I was after the accident and after Matty's death, rather than to judge myself. I used to feel guilty, but I've completely changed. I don't feel guilty about wanting Matty to die. It's been a very healing experience and I really hope the book will be helpful to other people. If I could have read this book after the accident, it would have changed my life because I wouldn't have felt so alone.

If my teenage years were truncated by tragedy, my twenties and thirties were spent trying to process the grief. And now I think my forties could be about joy – which is way beyond what I thought I would ever feel. Since I've written the book, Matty has started appearing again in my dreams, which is wonderful. I know he is happy about the decision we made for him and sorry that what happened to him almost destroyed me. Now he wants me to have some fun, to enjoy life a bit. And I think I'm ready to do that.

• *Cathy's book **The Last Act of Love** (Picador, £14.99) is out on 2 July*

Oh, we do like to succeed beside the seaside!

Meet the women running their dream businesses in a beautiful coastal location

‘I built a living out of driftwood’

Julia Horberry, 42, from Porthtowan, Cornwall, never imagined that her beachside walks would turn into a confidence-boosting new business.

From the first time I visited Cornwall as a child from my Yorkshire home, I felt a pull towards it. I loved its rugged coastline and stunning countryside. So, at 21, I went down to the small village of Porthtowan to work for the summer. I rented a tiny wooden chalet on the beach and fell asleep listening to the crashing waves every night. And I never left!

With only a few GCSEs, my career options were limited, so I ended up taking

a chambermaid's job at a hotel. But I soon discovered a creative outlet – I started building bits and pieces of furniture out of driftwood. My beach walks now had an extra element – I'd grab all the driftwood I could find, excited about what I could make.

I started small, making picture frames, then I tackled a chair. With no training or carpentry skills, it was a bit rickety, but with everything I made, I learned more and my skills grew. Soon my little house was bursting with funky cupboards and tables, as well as lamp stands and mirrors.

I was happy, but there was still a part of me that felt I'd failed somehow. By my thirties, I was still cleaning hotel rooms on minimum wage, and my confidence was

low. I thought that maybe it was all I was good for. And then, in 2006, something changed. I had broadband installed!

I started googling “driftwood furniture”, looking for ideas, and was amazed to discover how much of it there was for sale on eBay. I'd never thought of my furniture as something I could sell, but looking at other people's work that was for sale, I realised that I could do that!

SELLING ONLINE

I spent the weekend in my back garden, making lots of candle holders from the raw materials I'd collected – and was thrilled when they sold for £10 each (to have a shop on eBay costs from around £17.38 a month). I sold lamps for £25, too. The positive feedback from buyers gave me even more of a buzz than the sales.

That year I made a grand total of £1,378, and used the money to convert the small summerhouse in my garden into a workshop. It had a view of the sea, so it was wonderful to look out across the ocean while I worked. But, most importantly, I was finally earning money doing something I loved!

Interior designers discovered my quirky furniture online and placed orders and, after a friend built me a website, word began to spread. After a year, I gave up



my chambermaid job to work on Julia's Driftwood full-time – an amazing feeling!

As the months passed, I realised something else – I was actually pretty good at business. I balanced my books, did my tax returns and learned exactly how much bubble wrap it takes to protect an irregularly shaped lamp in the post.

All profits went back into the business; I invested £500 in specialist saws, plus power tools and screws. As for the other materials, my partner John, 56, and I go out to remote beaches to gather the wood. Being by the sea and listening to the gulls is one of the best bits about the job.

I now earn around £400 a week, which is great for living around here. My chandeliers, which cost about £160 each, are really popular. One of the most memorable moments was getting an order from chat show host Paul O'Grady for a shelf, lamp and mirror – I was thrilled!

Best of all, I've finally shaken off the feeling that I haven't reached my full potential. Building the business has helped build my confidence; I can have the seaside life I want and a successful business and that, for me, is having it all! ➔

JULIA'S TIPS:

- **Invest in a good camera.** Your images have to do a lot of the talking so don't just take pictures on your phone.
- **Consider using smaller craft websites to sell your handmade products** such as folksy.com, which is friendly and very supportive.

Julia turns the driftwood that she finds on the beach into funky home furnishings



‘From the school gate to beach hut partners’

Jane Ashmore, 51, from Mersea Island, Essex, teamed up with her friend Jayne Eyres to give their old seaside hideaways a quirky new lease of life.

‘Some people go into business with a brand name, a plan and a strategy for growth. I just had an old beach hut that was going to waste since my children, Thomas, 22, and Lily, 17, had grown up. We live on the beautiful island of Mersea, an unspoiled traditional seaside town, and we bought the hut in 2000 for £6,000. For years, we practically lived down there every summer. I’d pick the kids up from school, then we’d enjoy chips on the sandy seafront, with my husband, Barry, 51, joining us after work.

SEEING THE POTENTIAL

Now we barely visited the hut but, although it had more than tripled in value, I didn’t want to sell. I’d kitted it out in the style I love – lots of fresh white paint, cheerful bunting and brightly striped deckchairs.

I have always had quite a bit of an entrepreneurial streak – I ran an online shabby chic business called Lily Lemon – and one morning it came to me: why don’t we rent out the hut?

After clearing it with the council, I spread the word among friends, charging £25 a day. Then, my friend Jayne, who used to work in hospitality, said she was thinking about renting out her beach hut, too. Jayne and I had met at the school gates where we’d found we shared a sense

of humour and laid-back attitude to life. Her hut was a few doors down from mine, so we decided to join forces.

We called ourselves The Little Beach Hut Company, set up a Facebook page and the bookings started to roll in. Christening the huts Betty and Bertie helped to give us a personal feel, while Jayne’s idea of offering catering – anything from tea and cake to full meals – helped to make us even more unique.

Our overheads were minimal. I bought pretty fabrics and sewed bunting and cushions so we didn’t shell out a fortune; we had to pay a lease to the council of £500 every 10 years plus business rates; and I taught myself how to build our website using online YouTube tutorials, so that only cost a few hundred pounds.

Jayne and I discovered we had complementary skills; she’s great at meeting and greeting people, while I’m super-organised and more focused on operations. As our business grew, we invested the money in three more

‘With hard work, our sad little hut turned into a nice little earner’

JANE AND JAYNE’S TIPS:

- **Meeting customers face to face really helps. People are so used to automated systems that a personal service makes them smile.**
- **Make your business stand out. The decor of our huts, plus the quirky names we gave them, helps us get noticed.**

beach huts. They cost between £13,000 and £22,000; Dotty and Percy are right on the beach, while Hattie is set back with a balcony offering stunning views. We hire them out from £45 a day (or from £180 for a week), and make enough of a profit to pay ourselves wages and keep investing in the huts, as every

year they need to be repainted and the weathered planks replaced.

The whole family helps out and, although I try to shut the computer in time for dinner, it really is a 24/7 business – we even have bookings on Boxing Day. Customers often rent the huts for special occasions – several times we’ve filled a hut with roses and Champagne, then eagerly awaited a text from the customer saying: “She said yes!”

We are on call whenever we have guests, but it’s hardly a nightmare to go down to the beach on a sunny day to fix a minor problem! I often take our dachshund, Dougal, and combine business with a walk along the seafront. There are definitely worse places to work.

We’re so lucky to live by the sea and even luckier that, with a lot of hard work and determination, our sad little beach hut turned into a nice little earner! ➔

Kitchen table talent



Jane (pictured left) and her friend Jayne have given names to all five of the beach huts they rent out

Kitchen table talent



‘A cod, chips and salad was only 400 calories’



Sarah serves a quality fish dinner



‘I run a healthy fish and chip shop!’

Sarah Lock, 36, from Plymouth, Devon, put a fresh spin on a coastal classic.

‘Looking around my new purchase, I couldn’t help feeling a bit overwhelmed.

The chip shop was busy but tired-looking and an oily smell hung in the air. I asked for the manager and introduced myself as the new owner.

“Great,” she said. “You don’t really need to do anything, it’s all under control.”

I went home feeling deflated. I knew the business needed shaking up but had no idea where to start. Problem was, I had bought a chippy without really knowing anything about fish and chips!

Growing up and watching my dad run his general store, I’d always wanted my own business, and Harbourside Fish & Chips seemed perfect. Sure, it was dilapidated, but the location was amazing – overlooking the popular harbour in Plymouth’s Barbican.

My then-partner, Philip, and I got loans from our parents and a top-up from the bank to stump up the six-figure sum. I quit my job in the IT department of

the local Land Registry and couldn’t wait to start. But while I’d eaten my fair share of fish and chips on the Plymouth seafront and knew a good batter when I tasted it, I didn’t have a clue about the industry. So, for the next few months, we took a crash course, working in the shop, studying with the National Federation of Fish Friers and scouring trade magazines. Slowly, a plan started to evolve.

My instincts were right; the shop had to change. The frying equipment was 25 years old; modern ranges had temperature control and digital timers, and were safer, cheaper to run and healthier. I discovered that if you fry something at the right temperature, the food is sealed as it goes in, so the outside fries but the inside

steams. Which means that, cooked correctly, you cut down on the fat.

We closed the shop for a week for refurbishment. Another bank loan paid for £60,000 worth of new equipment. We kitted out the shop in clean black and white tiles, put tables inside and got a pavement licence for outside seating.

It was costly, but the new set-up changed everything – we were

producing more fish and chips, faster and more efficiently. The extractor fans were so good, the oily smell vanished. Best of all, the food tasted fantastic and was healthier – a small battered cod, chips and salad was only 400 calories.

A DIFFERENT APPROACH

Customers loved the lighter aspect, so we offered grilled fish and chicken, jacket potatoes, and a healthy section of the menu with a calorie count and Weight Watchers points.

Five years on, I’ve become a fish and chip expert – ask me anything! Business is booming. Our turnover has increased by 50% and we’re making a good profit. We offer local young people on-the-job training and our manager Tom even won Young Male Fish Frier of The Year at The National Fish & Chip Awards in 2014.

Philip, 35, and I split up but still work together, and our four-year-old daughter Olivia is a regular visitor. When we first introduced a children’s menu, she helped to choose the designs for our mascots, Finley the fish and Clawdia the crab.


I really love being a part of the local community, and helping keep the fish and chips tradition alive. It’s hard work, but I only have to step out of our front door on to the harbour and look out at the boats and tourists to feel like I’m on holiday myself.’

SARAH’S TIPS:

● Do your research.

Visit the business before you buy it, sit outside and watch people go in and out. It helps to know about your industry before buying.

● Create a product that’s the best it can be. Seaside towns are full of fish and chip shops – if you serve the best food, your reputation will help you stay ahead.



Escape to your own Tropical Wonderland – just add colour

Leave your stress behind with the
new **Millie Marotta** colouring book



The No.1
bestseller

Download a sample at www.batsford.com/MillieMarotta

Share your masterpiece #MillieMarotta

 MillieMarotta  MillieMarotta

BATSFORD

My life then...



‘Happiness is often in the place you overlook’

Sarah Woods, 47, from Chatteris, Cambridgeshire, embarked on a solo journey of self-discovery, but finally found fulfilment on her doorstep back home

‘As the tribeswomen in the remote riverside jungle village gathered together around the teenage mother-to-be, I nervously hovered on the edges. Even though I couldn’t speak their language, it was clear from their gestures that they wanted me to help with her labour. The tribal elders assumed my grand age of 40, at the time, meant experience with childbirth. But, while I loved children, I hadn’t ever felt maternal. So my suitability for this role was rubbish, if I’m honest!

But a baby was coming, and fast. The mother-to-be, Leida, a sweet girl of 17 with an enormous belly that her tiny frame could barely carry, grasped my hand and pushed, heralding the arrival of a miniature body with a prickle of dark hair. At the instruction of the eldest woman, I joined the mother, lying at her side in the grassy clearing. The baby boy lay across my chest so that his head was resting on his mother who looked down to smile at her son.

I absorbed the scene; so serene it was almost biblical. Amid the peachy fragrance

of a sweet afternoon breeze, the women and I drew together in an embrace, wiping away tears of joy. Closing my eyes, I felt every sense in my body tingle.

Something stirred within me that day that never went away. I’d already come to terms with the fact that my childbearing years were probably behind me and I was fine with that. My career as a travel writer had taken me all around the world, so I’d missed out on the pregnancies of friends and family. Children seemed to miraculously appear while I was away.

But I'd never felt the slightest maternal ache. As a child, I rarely played with dolls, I was too busy sketching butterflies and befriending beetles. Later, while my friends were planning weddings and anticipating parenthood, I was discovering the saltwater crocs of the Australian outback and Himalayan mountains courtesy of a cut-price around-the-world ticket.

These discount deals would shape my world as I yearned for more adventures. I started travel writing and forged a successful career over the next 20 years that enabled me to explore Central and South America.

Most of my time was spent in Panama, home to thousands of different species of birds, mammals, reptiles and amphibians – all absolutely awe-inspiring. It turned out to be a challenge and also a journey of personal discovery. I survived disease, quicksands, floods and men brandishing AK47 machine guns. I learned to sharpen a machete and grew fitter and more trim as I trekked. I also realised what a privilege it is to discover our amazing world.

However, taking a different path had its downsides. I couldn't easily stay in touch with everyone, so only the most robust friendships survived. In the early days, I wrote every month – there was no email or Skype back then! But, after a while, I let the habit drift and contact with home became less frequent. I grew to enjoy my own company and it felt good to be free from the ordinary pressures of daily life.

Even during my loneliest trip, I knew deep down that I was doing the right thing by travelling – it had empowered me and made me stronger. I wouldn't have been happy doing anything else.

But witnessing childbirth in the jungle was a turning point. My pang for motherhood was unexpected, urgent and real. Now I wondered if I had left it too late. After all, not only was I 40, but I'd yet to meet Mr Right.

And then, on a visit home to see friends and family, everything suddenly changed. After years of travelling the globe, I met a handsome brown-eyed plasterer in a pub barely a couple of miles from home. Just months after I experienced the first dull

longing in my heart, I found proof that true love is often in the very place you overlook.

TRUST YOUR INSTINCTS

Matthew is deep, thoughtful, kind and very different to the other men I previously had relationships with. Having lost his parents suddenly to cancer within a few months of each other, he is a man who believes life is too short to waste. In fact, on the night we met, he suggested we get married and have a baby!

We seemed to fit together perfectly and the speed of our relationship suited us both. Within 10 weeks of meeting Matthew, I was pregnant, and it felt amazing to be carrying the child I never thought I'd have... Some of you may think it was a little hasty, but travel has taught me to trust my instincts – and my life with Matthew was clearly meant to be.

Milly Rose entered the world in Bedford General Hospital; a world away from the serenity of a jungle glade. But, like Leida, I too was instantly besotted with the life

I brought into the world. Although bringing up a child in England is very different to my time in South America, being a mother is the same incredible adventure.

Milly is four years old now and starts school in September – she loves walks in the park to look for butterflies, just as I did.

I now work for the RSPB on its Giving Nature A Home campaign, encouraging more wildlife into people's gardens, but still take on travel writing assignments, taking Milly with me when I can. She journeyed all over Cyprus with me at a few months old, and is showing every sign of being an adventurous and spirited traveller. She reminds me so much of the giggly children I befriended in the jungle.

I feel grateful that my adventures brought me more than passport stamps and air miles – I don't think I would have ever found fulfilment without first having had my time travelling, during which I was able to understand myself. And I understood the moment when I realised something was missing for me. Now I feel complete joy right here at home.'

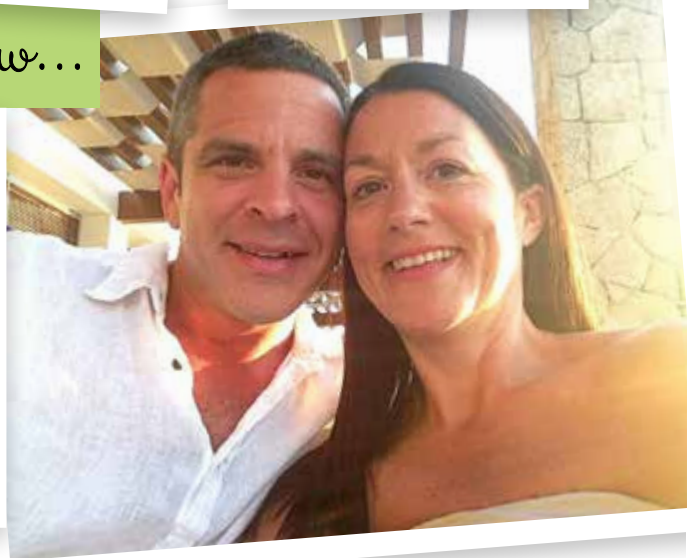
• Sarah's book *On a Wing and a Prayer* (Bloomsbury, £14.99) is out now

'It felt amazing to be carrying the child that I never thought I would have'

Our wedding day



My life now...





OF COURSE YOU'LL FIND
MUSTARDS THAT AREN'T
FILTERED UP TO NINE TIMES.
THEY JUST WON'T HAVE
OUR LABEL ON THEM.

The way we make it says it all.



Puppy love

Dog days have a whole lot going for them, says Daphne Lockyer

Until I met and fell in love with a certain unbearably cute puppy, I wasn't a 'dog person'.

We called her Bobbi, or The Bobster, or in silly, affectionate moments, Bibbeddy-Bobbeddy – something to do with her little ears and the way they bounce around fluffily whenever you play tug-of-war with her or watch her running happily towards you.

As you can tell, I'm pretty soppo about her. She's a Lakeland terrier, which means she's feisty and funny. She loves all people and other dogs – occasionally to her own detriment. Pigeons and the vacuum cleaner, on the other hand, are her sworn enemies.

She has a lot of little quirks that amuse us endlessly. If you give her a bone, she will try to bury it in the sofa or in a jumper drawer; if you leave the coal bunker unattended, she'll emerge from it, as sooty as Dick Van Dyke in *Mary Poppins*.

With Bobbi around, housework and gardening have taken a comical turn. The whisper of a dustpan and brush will draw her to enthusiastically 'help' from any corner of the house. And if you're doing a spot of weeding, she's faithfully at your side, digging along with you, nose and claws in deep, earth flying.

She's strangely empathetic, too, sensing instinctively when someone's upset. She'll make a beeline for them, leaping on to their lap, licking their face back to happiness. At other times, if you're lucky, she'll plop herself down beside you, her nose on your lap to watch TV. *The Supervet* is her favourite show.

'I'm pretty soppo about her – every day starts and ends with joy'

Our little 'Lakie' is now eight months old and growing every day, but she was the smallest of seven pups. Her brilliant breeder Tess summed it up: 'Don't worry about her size. They're basically big dogs in little dogs' bodies.'

For such a small mutt – she weighed under four pounds when she came to us at eight weeks old – Bobbi's had a huge impact on our lives.

We bought her when our children were not, well, children any more. And though getting Bobbi was a family decision – Jess and Frank came along to choose her with us and now adore her, too – the paradox of the dog they'd longed for since they were old enough to say 'woof' arriving just as they were leaving wasn't lost on them. But maybe their dad Martyn and I unconsciously gazed into the empty nest and thought, 'Dog basket!'

Not that I see Bobbi as a child substitute. Or not often, anyway! But, at the same

time, she is a life to nurture, feed and water. Just as it was when my kids were tiny, every day starts and ends with joy, because she's always delighted to see you. It's a love that's reciprocated.

Mind you, before she arrived I'd lie awake at night worrying: 'What if I don't bond with her?' 'Who'll walk her every day? Muggins!' 'What happens when we're not here to look after her or need a holiday?' I worried that she'd chew things and be impossible to house train – and I won't lie to you, there were elements of that when she first arrived.

And then there was the prospect of all those vet's bills – a dog needs insurance, vaccinations and monthly flea treatments.

In the event though, just as it was when I became a parent, love conquers all and you find ways around the challenges. For example, one of our friends is a dog walker and takes care of Bobbi if we go on holiday. As for the now twice-daily walks, we love them. We live in Hove, with a beach to the left and the Sussex Downs to the right, and are finally appreciating living in one of the UK's most beautiful counties.

In the process, our weight has dropped and our fitness has grown, as has our faith in human (as well as canine) nature. I have talked and laughed with more people in the past five months than I have in decades previously. I like people so much more now than I ever did.

Perhaps because it's doubtful we'll be grandparents any time soon, we've even thought of letting Bobbi have just one litter. According to The Kennel Club, this gorgeous breed is out of fashion and incredibly endangered... We also think that Baroness Angel Jutta – her Kennel Club name – would have the most beautiful pups. Let me know if you want one...



Put your summer hair into rehab!

It's SOS time for fried and frazzled strands. But with the latest products and some clever got-to-try tricks, you'll have glossy hair again in no time

Summer's finally here, bringing with it heat and humidity, not to mention sun, sea and sand, all of which can spell danger for your hair. 'Hair can't get sunburned in the same way as your skin, but it can be harmed by increased exposure to UV rays,' says Katherine Frizoni, research expert from Unilever. But don't worry – we have the low-down to get you back to great hair days.

Fight the frizz

Heat and humidity can turn your hair into a frizzy mess in seconds. We asked hair expert Ollie Blackaby from Headmasters for his top tips on how to get seriously silky smooth hair...

SHAMPOO IN TEPID WATER

If water is too hot, it opens the cuticles on the surface of your hair, allowing moisture to escape. Dry, thirsty hair is more likely to go frizzy.

MAX THE CONDITIONER

Conditioner hydrates the

surface of your hair and prevents frizz. Give it time to penetrate; if you apply and rinse out straight away, it won't work. Try Pantene Pro-V Perfect Hydration Conditioner, £3.99 (Superdrug).

PRIME YOUR HAIR Smooth things out by applying a primer or styling cream before you dry. Redken Frizz Dismiss PPF 40 Rebel Tame, £17.70, reduces frizz by up to 85%, keeping it smooth and sleek after just one use.

COLD SHOT Once your hair is dry, blast it with cold air to seal the surface of the hair. This prevents moisture getting in, causing the hair shaft to swell and kink.

FINAL FLOURISH Pop the BaByliss Brilliant Shine Brush, £30 (Argos), in your handbag for de-frizzing on the go.



Give your hair a little TLC

Be kind to your hair – frazzled strands are fragile...

SWAP SHAMPOO

Most shampoos contain sodium lauryl sulphate, which can be drying. Swap yours for sulphate-free, as it contains ingredients that won't strip your hair of valuable moisture. We love Leo Bancroft Gentle Care Sulphate Free Shampoo, £4 (Tesco), which can be used on all hair types.

BRUSH UP YOUR ACT Even the simple act of brushing your hair can cause damage. Try a Wet Brush, £11.99 (Look Fantastic) – it's designed to remove knots without pulling or snagging strands.

UPGRADE YOUR BLOW-DRY Using a red-hot hairdryer is a sure-fire way to give your hair burnout. Paul Mitchell Neuro Dryer, £99.95, contains tourmaline ions to speed up drying time, prevent frizz and add shine.



Get back to glossy

All that fun in the sun can wreak havoc, weakening your hair's internal structure and sapping vital moisture. But a dedicated regime both on holiday and when you get home will get your gloss back in no time...

PROTECTION PERFECTION Protect your hair from the sun's rays with a UV styling product such as Dove Youthful Vitality Hair BB Cream, £6.99. UV filters protect and strengthen your hair against





Colour boosters

A day spent lazing in the sun can have your colour fading faster than you can sip a poolside cocktail. 'UV rays are the worst thing for hair colour,' says hair guru Charles Worthington. 'If you left an expensive silk dress lying in full sunlight, you'd expect it to fade. It's the same with your hair.' The good news is that there are ways to keep that colour looking as intense as the day it was done...

IF YOU'RE BLONDE: Too much sun or chlorinated water can turn your hair yellow, so look for products that contain violet pigments to counteract this. Try Pro:Voke Touch of Silver Brightening Shampoo, £3.99 (Boots). It brightens your colour each time you wash your hair.

IF YOU'RE BRUNETTE: Rich brown tones can fade fast in the sun, turning red or coppery. Stay one step ahead with Charles Worthington Colour Revive Tinted Mousse in Dark Brown or Light Brown, £9.99 each (Boots), depending on the depth of your colour. The tinted mousse enriches your colour and gives it a shine boost, too.

IF YOU'RE REDHEAD: As soon as salt or chlorinated water hits your hair, the red turns gingery. Invest in Paul Mitchell Ultimate Color Repair Shampoo and Conditioner, £7.75 each, which helps lock in colour for up to nine weeks. This is thanks to a protein-enriched formula, which prevents colour molecules escaping.

breakages. Apply before you hit the beach and after you swim to maximise protection.

POOLSIDE SECRET If you're on your hols, 'rinse your hair in clean water before you go for a dip,' says Ollie Blackaby. 'Hair is like a sponge and this stops it absorbing damaging salt or chlorinated water.'

AVOID THE FLAKES Don't forget your scalp – a flaky parting is never a good look! We love Calypso Scalp Protection

SPF30, £6 (Tesco), which can be sprayed on to protect the skin on your scalp.

INVEST IN THERAPY If you have hair that feels like wire wool, it's time for some serious rehab. 'Apply a mask to towel-dried hair, gently comb it through and leave for as long as possible before rinsing,' says Ollie. Try Kérastase Masque Thérapiste, £28.50, which acts like a bandage for very damaged hair, and gives dull hair a radiant shine.



Beauty for grown-ups

The 5-minute face

Out the door and looking fabulous in no time at all... Kazia Pelka's easy summer make-up routine is superfast, super-easy and totally foolproof!

Like every busy woman, I'm always pushed for time. My five-minute face routine is the one I use on a daily basis, saving me precious minutes and ramping up confidence to face the day!

Superfast tips to get you started

- **Get organised:** Make sure you have all your products to hand. I keep my make-up in two bags. One contains my five-minute face cosmetics and the other holds all my extras.
- **Keep tools handy:** If you use brushes, keep them in a small jar next

to your make-up. This stops them getting dirty and prevents having to search in your bag every morning to find them.

- **Moisturise:** Start with a blank canvas of clean, lightly moisturised skin – and don't forget to tap on a little eye gel or nourishing eye serum.

Now start the clock!

1 BLEND a primer that brightens and colour-corrects all over your face. Remember, most primers have benefits, such as softening skin and reducing redness, so shop around for the one that will deliver great results for you. (Make use of those make-up counter testers!) **30 seconds**



2 APPLY concealer to any areas that need it – don't forget around your nose and remember to blend. It's worth spending a little extra time on this step for a flawless finish. **60 seconds**



3 DAB a little powder over your face – pat and roll on with a powder puff. This is simply to set your make-up in place, not to mattify your face. Only use a little to give yourself a natural sheen. **15 seconds**

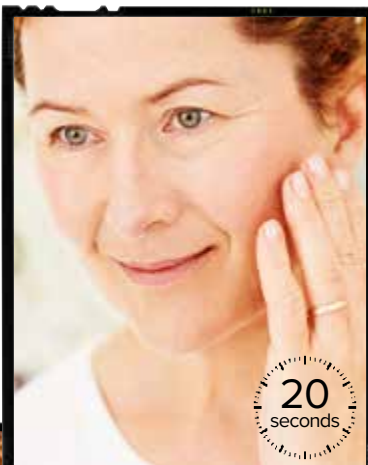


4 USING a highlighting concealer pen or pencil, apply to the inner corner of the eye, which can darken as we get older. Also apply to the outer corner of the eye, to counteract redness, and to the brow bone to highlight. **50 seconds**

Photos: Claire Collins Hair and make-up: Liz Kitchiner
Kazia wears: Blouse, Phase Eight

Beautiful you

5 QUICKLY blend a little blusher in a super-flattering pinky shade, high on the cheekbones to lift and brighten. **20 seconds**



20 seconds

6 DOT a little eye pencil right into the base of your top lashes and add mascara. Make sure you catch the lashes at the outer corners, top and bottom, as this helps to lift the eye. Keep your mascara lightweight. **80 seconds**



80 seconds



20 seconds

7 STROKE on some eyebrow mousse for a groomed look or make it tinted for extra definition. I've seen many looks ruined by unruly brows. Wash out old mascara wands and use for a quick comb through. **20 seconds**



15 seconds

8 ADD a slick of neutral lipstick, gloss or tinted balm and you're good to go! **15 seconds**

You can watch a video of Kazia's five-minute routine at prima.co.uk/5minuteface

HIGH-SPEED HELPERS



Clarins Mineral Loose Powder (£30). Feels light and natural on your skin.

Stila One Step Correct (£24). This primer, brightener and anti-ageing skincare serum does it all.



Delilah Colour Gloss Ultimate Shine Lipgloss in Ghost (£22). One of the best for staying power!



La Roche-Posay Hydreane BB Cream (£15). Gives you a flawless complexion and is great for sensitive skin.



Bourjois Little Round Pot Blusher (£7.99). So easy to blend!

Tarte Amazonian Clay Waterproof Brow Mousse and Brush (£25, QVC). Want natural-looking brows? Make this your go-to.



No7 Match Made Concealer (£7.50, Boots). Hide skin flaws using one of the 17 different shades.



1 Thisworks In Transit Camera Close-Up, £30 for 40ml.

This three-in-one mask, moisturiser and primer will boost your holiday glow.

2 Soltan Protect & Moisturise Suncare Spray, £3.50 for 75ml, Boots. Just take what you need with this travel-sized sunscreen. Ideal for short breaks.

3 Philip Kingsley Soft & Shiny Try Me Kit, £6 for 3 x 20ml. Fab mini shampoo, conditioner and treatment kit – available for medium-textured or wavy hair.

4 Molton Brown Mini Travel Collection, £25. A set of five 50ml bottles of the brand's best body washes and lotions – pamper yourself while you travel!

5 Batiste Dry Shampoo Blush, £1.50 for 50ml, Superdrug. Not just to refresh – great for volume and hold, too.

6 John Frieda Luxurious Volume Blow Dry Lotion, £2 for 25ml. Don't leave home without a good styling product – the key to a frizz-free summer!

7 Elemis Pro-Collagen Cleansing Balm, £14 for 30g, Timetospa. This cleanser is perfect for gently removing sand and sunscreen – Elemis has a great selection of minis.

8 Ole Henriksen Brightening Cleansing Cloths, £6 for 10, Feel Unique. For cleansing on the go, these vitamin C infused wipes are our faves.

9 Balmi Cube Lip Balm in Mint, £4.99, Boots. Keep your

pout well protected with this addictive balm that has SPF15.

10 Seascape Soothe Sleep Oil, £10 for 8ml. Are you a nervous flyer? Apply this mix of essential oils to your pulse points. It really works.

11 Dove Compressed Soft Feel Aerosol, £2.99 for 75ml. This spray lasts and lasts. Plus, the lovely new floral fragrance will keep you summer fresh.

12 Aromatherapy Associates Essential Travel Oils, £37 for 30ml. This gorgeous set of bath and shower oils makes the ultimate travel companion.

13 My Little Chloé, from £30 for 20ml, Harrods. How cute are these mini fragrances? Pick from Chloé Signature, L'Eau De Chloé and Roses De Chloé.

14 Wilkinson Sword Hydro Silk Bikini, £14.99, Boots. This girly two-in-one gadget has a top-notch razor and trimmer to keep your bikini line in check.

15 Colgate Max White Expert White, £5.99 for 75ml; **Colgate 360 Whole Mouth Clean**, £8.99. Keep your teeth pearly white to go with your tan.

16 Liz Earle Botanical Aftersun Gel, £6 for 30ml. Skin feeling tight after a day in the sun? Soothe it with this gorgeous 92% aloe vera gel.

17 Cath Kidston Button Spot Classic Box Wash Bag, £18. This water-resistant wash bag is an investment for many holidays to come!

Lovely little TRAVEL companions

Lighten your holiday load with the latest must-have minis





Feature: Sabine Wiesel
Styling: Sabine Wiesel and
Susan Walker Photos: Andy
Parsons at Hearst Studios

Beautiful you

Get up & GLOW

Our pick of the best make-up to complement your sun-kissed skin this summer

1 Jane Iredale Golden Shimmer Face and Body Lotion (£29.95, Look Fantastic). This lotion is great for all-over shine.

2 Clinique Pop Lip Colour and Primer in 06 Poppy Pop (£16). Coral looks great with a tan and this works for all skintones.

3 bareMinerals Pop of Passion Lip Oil-Balm in Nude Passion (£16). This is a lovely, subtle tone. Super moisturising, too!

4 Clinique Cheek Pops in 08 Melon Pop (£16.50). The perfect peach for fairer tans, or try 13 Rosy Pop on darker skintones.

5 Make Up Forever Aqua Cream in Pink Beige and Golden Copper (£17). Golden, waterproof lids with a quick swipe.

6 Elizabeth Arden Bronzer and Highlighter (£28). Ideal for a natural look.

7 YSL Les Sahariennes Bronzing Palette (£31). Perfects your complexion.

8 Limited Collection Mini Brush Set (£8.50, Marks & Spencer). Indispensable.

9 Orla Kiely Small Cosmetics Bag (£20, John Lewis). Keep your holiday heroes protected!

10 Models Own Polish for Tans in Beach Hut and Turquoise Sea (£4.99 each).

This season, go bright on your nails!

11 Clarins Instant Light Radiance Boosting Complexion Base in 05 Golden Bronze (£26). Use this to highlight or for a gorgeous, all-over glow.

12 Clarins Waterproof Eyeliner Pencil (£17). Just perfect for summer.

13 Clinique High Impact Waterproof Mascara (£17.50). A waterproof mascara to avoid those panda eyes.



Feature: Sabine Wiesel Styling: Sabine Wiesel and Susan Walker Photo: Andy Parsons at Hearst Studios

Celebrate summer!

Don't let sensitive teeth spoil your fun – with a Sensodyne desensitising toothpaste, you can enjoy all the taste of the season

From ice creams on the beach to garden-party drinks served with ice and a slice, fun and food go hand in hand in summer. But sensitive teeth can quickly turn pleasure into pain. Over a third of the population suffer tooth pain when eating and drinking cold foods and drinks, yet only one in five of us tackle the problem every day. Sensitivity occurs as a result of the gradual exposure of the softer part of the tooth, called dentine, which has tubes that lead to the nerve. These tubes are filled with fluid, and eating or drinking cold foods and drinks can change the movement of the fluid, triggering short, sharp pain. But there's no need to just grin and bear it – with a Sensodyne® desensitising toothpaste, you can enjoy the food and drinks you love, free from fear of pain.

EVERYDAY CARE

Sensodyne desensitising toothpastes are specially designed for sensitive teeth and clinically proven to relieve pain – so it's no wonder that it's the number one dentist recommended brand for sensitive teeth*. But, like most things, using it once is not enough – sensitive teeth need specialist ongoing care. Use a desensitising toothpaste every morning and night as part of your daily regime – just like you would a moisturiser – and you can keep pain and sensitivity at bay.



I recommend that patients use Sensodyne desensitising toothpaste – it really does work!

Chris Branfield, Principal Dentist at Castle Park Dental Care, Yorkshire

5 sensitive triggers

Cold food and drinks: Pain from sensitivity to chilled food and drinks can leave you wary of enjoying your favourite things

Tooth brushing: When the dentine under your tooth enamel is exposed, even brushing can be painful

Chilly weather: As the weather cools, breathing in cold air can increase tooth sensitivity

Sweet food and drinks: Sugary desserts and drinks can cause a sharp, shooting pain

Hot food and drinks: A piping hot cup of tea or coffee can be just as painful as cold drinks

Sensitivity doesn't have to affect your life. Make a Sensodyne desensitising toothpaste part of your daily regime and brush twice a day, every day, to stay smiling

To find out more about Sensodyne and get expert advice on tooth sensitivity, visit sensodyne.co.uk/askadentist



Those summer nights

Whether you're going to a nice restaurant on holiday or meeting up with the girls, evenings out demand something special... and we have just the outfits!

Oriental appeal



BEFORE

STEPHANIE HURLEY, 36, is a health care assistant from Hemel Hempstead, Hertfordshire.

GET THE LOOK

- This year's kimono-style tops and dresses, with their elegant wide sleeves, are super-flattering and chic. Don't be scared off by the big prints – give them a try.
- Keep any accessories to a minimum when wearing busy patterns. Dainty bracelets were all Stephanie needed to complete her outfit. The shoes, bag and jacket should also be kept to plain textures and styles so they don't fight against the print.



Stephanie wears:
Dress, £120, Phase Eight. **Bracelets,** £6 for a set, Daisy & Eve at Evans. **Heels,** £69, Dune

FINISHING TOUCHES

We used the **L'Oréal Paris Color Riche La Palette Nude Beige** (£14.99) to create a shimmering summer take on the smoky eye.



A jacket on standby is a must in our changeable weather! This **blazer** (£49, Monsoon) fits the bill.



For instant dewy radiance on the cheek and brow bones, we opted for the **Collection Speedy Highlighter in Pearl Sheen** (£3.99, Superdrug from 26 August).

Jump to it



BEFORE

SYLVIA BRODBECK, 33, from Balcombe, West Sussex, works for a social enterprise company.

GET THE LOOK

● Dressing up doesn't just mean popping on a frock. Jumpsuits are a great alternative and are so flattering for all shapes and sizes. If you're invited to a special celebration, dazzle in a structured number. Sylvia's outfit will make people green with envy!

● You can never go wrong in bold brights when it comes to occasion wear. It's the perfect confidence booster and you'll stand out from the crowd.

FINISHING TOUCHES

A good pair of **sunnies** will up the glam factor. These retro specs (£15, Marks & Spencer) are fab.



Arms, legs or décolletage on show? **Ciaté Bikini**

Body Balm (£22) adds radiance to any skin. So get it on and glow. You'll love it!



Wow with red lips when you're wearing brights! We used the **Models Own Flamingo Red Lipstick** (£4.99) with its semi matte finish.



Sylvia wears:
Jumpsuit, £115, Coast.
Necklace, £6.50, Daisy & Eve at Evans. **Heels**, £55, Next



Amazing lace



**SHIRLEY
AYRE, 52,**
is a dog
walker from
Leicester.

GET THE LOOK

- Luxurious lace dresses in neutral shades are timeless, so they make great investment pieces to always have on hand for special occasions.
- On-trend overlay dresses, like the one Shirley is wearing, balance out body shapes and look fabulously flattering on everyone.

FINISHING TOUCHES

Any special dress needs a gorgeous bag to match. We're in love with this beaded **clutch** (£55, Accessorize).



A few drops of **Nicky Clarke SmoothSilk Frizz Argan Oil** (£5.99, exclusive to Tesco) on Shirley's damp hair before drying has kept her beautiful style silky smooth.

Morgan Taylor Nail Polish in Adorned In Diamonds

(£10.99) is a chic, pearly-pink shade, perfect for any glam occasion.



Shirley wears:
Dress, £159, Mint Velvet. **Bracelet,** £10, Wallis. **Heels,** £68, Dune



Going for bold



JANET NADOLSKI, 49, is a financial controller from Stratford-upon-Avon.

GET THE LOOK

- Bold floral print dresses are definitely a winner this summer – they're a modern take on flowery frocks and will get you noticed for all the right reasons.
- The body-skimming, straight cut of a shift dress will keep you cool and comfortable on warm summer evenings. A must-have for any holiday wardrobe!

FINISHING TOUCHES

Janet is party-ready in her frock, but she can easily put on this **jacket** (£89, Kaliko) to make it more formal for the office.



We used **Pixi Tinted Brilliance Balm in Craving Coral** (£12) on Janet's lips to add a hint of subtle colour, keeping focus on her gorgeous shift dress.

Bright nails complete the look. Try **Mavala Jelly Effect Polish in Smily Orange** (£4.75, John Lewis).



Janet wears:

Dress, £64, J by Jasper Conran at Debenhams. **Necklace**, £8, Dorothy Perkins. **Heels**, £22.99, New Look





Words of wisdom

FROM ME TO YOU

Wouldn't it be great to know at 14 the things we know at 40?
With its Body Philosophy campaign, skin treatment Bio-Oil is
on a mission to encourage us to share the wisdom we've picked
up along the way, helping stop body worries before they start
and inspire a lifetime of confidence

From spots to stretch marks, weight gain to wrinkles, body anxieties start in our teens and don't go away as we age. But look back on photos of a younger you and chances are you'll wonder why you worried. It's no surprise that 53% of women* wish they'd known to be more

confident as a teenager. From our teens right through to old age, we learn a lot about body confidence – let's pass on that wisdom and help every woman learn to love her body, no matter what her age! We asked mum-of-three Louise Holmes, 38, from Kent, to pass on her own body philosophy to her daughter Ella Smith, 14.

'Learn to love you'



'When I was Ella's age, there were always things I wanted to change,' says Louise. 'But, now, I look back and think: "What was I worrying about?" I tell Ella: "Life's too short!"'

'Only you notice your imperfections!'

'Young girls have always worried about their appearance but, with social media, there's even more pressure today. I say to Ella: "Appreciate you for you – don't let the opinions of other's colour your view." That's my body philosophy. Our bodies constantly change – as I get older, I worry about



sun damage and the condition of my skin, things I never thought about at Ella's age – but we need to appreciate our bodies at every stage of life and make the most of our best bits.'

*Tell us your tips to win £250!***

Share your body philosophy for the chance to win one of two vouchers from Love2Shop, each worth £250, plus 10 runners up per month will receive a bottle of Bio-Oil. Visit mybodyphilosophy.co.uk to discover confident women's words of wisdom and share your own – or tweet us at #mybodyphilosophy



'Appreciate your body at every stage – and make the most of your best bits!'

'Mum's taught me to be happy in my own skin,' says Ella. 'Of course, there are little things that I worry about, especially if I have a special event or holiday coming up. But, really, the little things that worry

most of us aren't that noticeable to anyone else! If friends have concerns about their bodies, I tell them they look great just the way they are – that's the body philosophy that I live by.'

MAKE A DIFFERENCE

Visit mybodyphilosophy.co.uk and share your body confidence advice. Bio-Oil has teamed up with the charity Body Gossip to take your advice and tips into schools across the UK.

Bio-Oil is formulated to maximise the skin's elasticity. Combining vitamins A and E, calendula, lavender, rosemary and chamomile, plus PurCellin Oil™. It has been clinically proven to help with scars, stretch marks, uneven skintone, ageing and dehydrated skin.



Supported by Superdrug

Say goodbye to unsightly spider veins



1 SKINCARE PROBLEM = 1 SKIN DOCTORS™ SOLUTION

With Skin Doctors™ Vein Away Plus™

There's no need to feel self-conscious about baring your legs. Our Skin Doctors classic award winning formulation can help reduce the appearance of spider veins in as little as 6-8 weeks.

Helps reduce the appearance of:

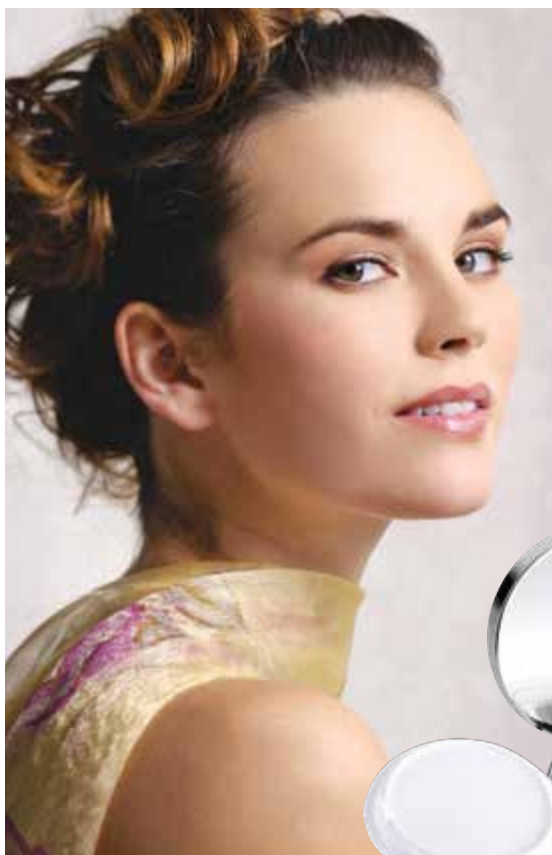
- ✓ Spider Veins
- ✓ Broken Capillaries
- ✓ Post-operative Bruising



Also discover Skin Doctors™ **Ingrow Go™** and **Hair No More™** to eliminate painful ingrown hairs and manage unwanted hair

Available at selected stores





Head-to-toe treats
from our beauty editor
SABINE WIESEL



Liquid genius!

Finally, you can carry a liquid coverage in your handbag without having to worry that it will spill! Let me introduce you to the CC cushion compact. It's a clever compact containing a springy sponge (the cushion) that releases a light, fresh-feeling coverage once you press down on it. I carry mine with me everywhere for dewy skin 24/7!



SPLURGE

Lancôme Miracle Cushion (£29.50)

SAVE

Kiko CC Cream Cushion System (£15.90)

Try it, use it, love it!

BEAUTY SOS

Q Do you have a trick for restoring nail polishes when they turn thick and gloopy?

Imogen Coe, Maidstone, Kent

A Some of the new thicker gel-like nail colours spoil faster than the average polish, but don't make the common mistake of adding nail polish remover, as it will just ruin it. You can simply restore your polishes by adding back in the solvents that have evaporated.

Mavala's Thinner for Nail Polish (£6, Look Fantastic)

will do just that with a few drops. Hey presto!



20% OFF SANCTUARY SPA

You have a great excuse to shop this month, as Sanctuary Spa is offering Prima readers 20% off its gorgeous body and bath products! Get beach-ready with the Cooling Glacial Scrub (£8), while the Cooling Shower Drench (£7) is perfect for taking with you on your hols. My absolute fave is the Cooling Body Sorbet lotion (£7) – it's beautiful on skin after a day in the sun. Happy shopping!



Enter **PRIMA20** to redeem your discount at the sanctuary.com checkout from 3 July to 1 September*.

Photo: Camera Press. TERMS AND CONDITIONS: *Subject to availability, while stocks last. Only applicable to Sanctuary Spa Products. Code can only be used on skin care, body care or gifts. Cannot be used in conjunction with any other offer. One code per transaction. Sanctuary Spa reserves the right to cancel/vary this offer without notice. Offer only applicable online at sanctuary.com.

For where to buy, see page 168

Calypso sun protection

THE CLEAR WINNER

BEST QUALITY PRODUCT
AT A **GREAT VALUE** PRICE



CALYPSO SUN LOTION SPF30
...OFFICIALLY A WHICH?
BEST BUY!



Available from selected stores:





Let's start eating superfoods!

Why? Because these amazing, nutrient-dense powerhouses might just give your wellbeing that much needed boost!

Feeling a bit confused about superfoods? Not sure what is and what isn't a superfood or just how you should be taking them? You're not alone! With so many appearing in health stores and even supermarkets nowadays, it's time we were better acquainted.

So what is a superfood?

Most nutritionists agree that any healthy food can be a superfood – think beetroot and broccoli and you get the idea. However, when you can't always rely on the freshness and integrity of the produce you buy, adding a new superfood could be a smart wellbeing shortcut.

Why take them?

It's a no-brainer, really. Bursting with vitamins, minerals, proteins and more, these nutrient superheroes can help rev your diet, give your vitality a lift and set up your immunity. Here's our guide on which to choose and use...

The magnificent 7 superfoods!

Of course there are dozens more, but after quizzing our experts, we sifted out seven they love that cleverly match our common wellbeing niggles. Surprisingly, more doesn't necessarily mean better – just a little superfood packs a mighty punch!

1 Goji Berries FOR VITALITY & GREAT SKIN

You've probably already heard of goji berries – and now they're even in supermarkets. Brownie points if you're snacking on them already. 'They're the perfect superfood intro,' says herbalist Tipper Lewis. 'They taste great and have a gentle strengthening effect on the body and mind.'

WHY TRY? Antioxidant rich and anti-inflammatory, goji berries are good for eyes, heart, skin and joints. 'They're most well known as an elixir of youth, helping to preserve moisture in the skin and reducing inflammation – fabulous if you're run down or stressed as it helps reinvigorate lost vitality,' reckons Tipper.

HOW MUCH? A couple of teaspoons daily is plenty.

IN WHAT? 'That's easy,' says Tipper. 'Thrown into trail mix, plumped up in porridge, added to smoothies or straight out of the bag!' How simple is that?

FIND: Goji berries, £3.50 for 50g, nealsyardremedies.com



2 Chia seeds TO UPGRADE YOUR DIET

The big superfood hit. They may be tiny, but don't underestimate their potential! 'Chia seeds are my favourite,' says nutritionist Rick Hay. 'The Aztecs took them for endurance and energy and look what they managed! I add some to everything I blend in my NutriBullet!'

GOOD FOR? So many things. 'Energy, of course, thanks to the slow release that prevents blood sugar spikes. They also give you a good hit of omega 3 for hair, skin and nails,' says Rick. 'Best of all, when they hit water, they swell to give you a feeling of fullness, which helps fight cravings and cleanse the colon, too!'

HOW MUCH? Up to 2 tablespoons daily.

IN WHAT? Everything – you can sprinkle on salads or yoghurt, throw into smoothies and add them to bakes.

TRY: Nutiva white chia seeds, £9.99 for 397g, planetorganic.com

3 Matcha PERFECT FOR FOCUS



Not heard of matcha? It's the powdered leaf of the green tea plant but with 10 times the wellbeing clout! 'This is my current superfood favourite, amazing for clearing your mind and increasing focus – feels like a light bulb going on!' says Tipper. Great news for those of us trying to keep our brains in gear!

WHY TRY? Matcha is bursting with antioxidants and is unique because it contains an amino acid called L-theanine, which is a real stress buster. 'Combined with the caffeine

of the tea, matcha gives you a gorgeous calming lift,' says Tipper. **HOW MUCH?** Just half a teaspoon daily – less is more! **IN WHAT?** Make tea by whisking the powder into a small amount of water, then top up with water just off the boil. Add a squeeze of lemon to up the antioxidant power. Or try the recipe, left.

TRY: Matcha Green Tea, £13.50 for 50g, nealsyardremedies.com

LET'S TRY...

Tipper's favourite treat!

Matcha Chai Latte

Make a paste of ½tsp matcha powder and a little hot water. Slowly heat 1 cup of almond milk in a pan with 1tsp maple syrup and 1tsp coconut oil, plus a little cardamom powder and nutmeg.

When warm, whisk into the matcha paste, serve and drink. Seriously gorgeous!

4 Cacao FOR THE FEEL-GOOD FACTOR

We love cacao (cocoa to you and me), a superfood with a menu of wellbeing plus points. But... to pick up on those, you need to use it raw – either as powder or nibs. ‘Cacao is one of the healthiest ingredients, rammed with vitamins, minerals and antioxidants,’ says nutritionist Julie Montagu author of the brilliant *Superfoods* (Quadrille, £18.99), full of great superfood info and recipes.

WHY TRY? For its amazing flavour, of course, but it has other standout qualities. ‘The benefits of cacao are fantastic!’ enthuses Julie. ‘It helps lower blood pressure, improve circulation, boost cardiovascular health and on top of that, it’s known to be great for your mental health. This is because it contains theobromine, which stimulates the nervous system and increases the availability of serotonin.’ Yes that’s right, the happy hormone!

HOW MUCH? ‘Even a teaspoon a day will help you to better health.’

IN WHAT? Simply add it to a smoothie!

TRY: *Organic Traditions Cacao Powder*, £6.99 for 227g, planetorganic.com



LET'S TRY...

Julie's delicious dessert.

Avocado, chocolate and lucuma mousse

Add to a food processor... 2 peeled and pitted avocados, 6 dates, chopped, 80g cacao powder, 160ml coconut milk, 1tsp vanilla extract, 1tbsp lucuma powder, pinch of sea salt. Whizz to a creamy mousse, put in a bowl and chill for an hour. Serve topped with raspberries. Yum!

Go on – give yourself a summer energy makeover!



5 Baobab THE FATIGUE BEATER

It may not look thrilling but baobab powder has great wellbeing clout. ‘Rammed with nutrients, baobab has 10 times more vitamin C than oranges and six times the antioxidants of blueberries. It’s also rich in B vitamins, magnesium, and potassium,’ says nutritionist Rick Hay. Zingy and sherbety, it’s super easy to take.

GOOD FOR? Energy! ‘B vitamins and magnesium are good for an energy lift,



vitamin C helps support iron uptake, which makes it good for those feeling fatigued,’ says Rick. As we’re all feeling pretty energy poor, baobab could be our new friend!

HOW MUCH? ‘1-2 teaspoons a day is just fine,’ recommends Rick.

IN WHAT? Add to your smoothies or stir a couple of teaspoons into a glass of juice – apple and baobab tastes good!

TRY: *Organic Baobab Powder*, £8.29 for 70g, organicburst.com

6 Maca TO HELP SORT STRESS

Think all superfoods taste a bit odd? Not Maca! ‘It tastes great, a little malty, and has amazing health benefits,’ says Tipper Lewis. ‘It’s vital for my job as I find it very supportive of my energy and stress levels.’

GOOD FOR? Modern life! ‘Native to a very tough environment in the Andes, maca is called an adaptogen,’ says Tipper. ‘This means it helps us to cope better with stress, whether internal or external. It’s an ideal tonic, perfect for life on the go – and

it’s also known to be an aphrodisiac!’ adds Tipper.

HOW MUCH? 1 teaspoon a day.

IN WHAT? It tastes so good you can simply stir it straight into your porridge. Delicious!

TRY: *Maca Powder*, £2 for 50g, nealsyardremedies.com



LET'S TRY...

another drink from Tipper to help kick that coffee habit.

Maca Chai Latte

In a saucepan, whisk 1tsp of maca powder into 1 cup of almond milk, gently heating with a caffeine-free chai teabag. Infuse for five minutes (don’t boil). Add maple syrup to taste and a little grated nutmeg. Great for when you deserve a treat.

7 Spirulina

DETOXIFYING & ENERGISING

This is nature's most complete source of nutrition with 300% more protein than fish or meat! 'Spirulina is a highly digestible vegetable protein, making it a good choice for vegans and vegetarians,' says nutritionist Nina Omotoso.

GOOD FOR? 'Spirulina is packed full of chlorophyll, minerals and vitamins,' says Nina. 'Especially B vitamins and iron, which are great for increasing your energy and detoxifying your body.'

It's perfect for anyone looking for an energy boost, but ace if you're tackling a new diet.

HOW MUCH? 1-3 teaspoons daily.

IN WHAT? 'I like sprinkling spirulina "petals" over seaweed salad dressed with soy, lemon and sesame oil,' says Nina. 'Or, stir powdered spirulina into apple juice or coconut water for an energising pre-workout drink.'

TRY: Synergy Natural Organic Spirulina Powder, £12.75 for 100g, revital.co.uk



Look out for these!

Our experts signpost four more superfoods that may not have hit your radar yet...



● **Camu Camu** 'With 50 times more vitamin C than the average orange, this superfruit could help boost your immune system to fight colds,' says nutritionist Nina Omotoso. *Detox Your World Camu Camu Berry Powder*, £11.59 for 100g, revital.co.uk

● **Lucuma** 'It tastes amazing!' says herbalist Tipper Lewis. 'A natural, low GI sweetener that doesn't affect your blood sugar. It's full of minerals for increased vitality.' *Lucuma powder*, £3.50 for 50g, nealsyardremedies.com

● **Moringa** The nice tasting green – very spinach-like. 'It helps take the edge off appetite and has a stimulating effect on the metabolism,' says nutritionist Rick Hay. *Aduna Moringa Green Superleaf Powder*, £12.99 for 200g, aduna.com

● **Maqui Berries** 'Could be a good choice for cardiovascular health,' says Nina. 'In one recent study, powdered maqui berries reduced levels of bad cholesterol.' *Organic Traditions Maqui Berry Powder*, £16.99 for 100g, planetorganic.com

Get the taste...

Six clever ways to get more superfoods into your life



Soupologie Spirulina Greens

Ultra scrummy soup! Includes kale, broccoli, cabbage, ginger and spirulina. For stockists, visit soupologie.com

Bioglan Energy Boost

All the energy button pushers in one mix – maca, lucuma and cacao. Add to juice or smoothies. £12.99 for 100g, bioglan.co.uk



Aduna Energy Bars We love 'em! Energising and addictive – try Moringa with Mango & Cashew or Baobab with Pineapple & Almonds. £1.89, hollandandbarrett.com



Go Figa! Fig Powder with cinnamon, chia seeds and berries to help regulate blood sugar and reduce cravings – a must-take! £14.99 for 100g, gofiga.co.uk



Oats + Chia Instant porridge gets an upgrade. Nifty sachets of oats with chia seed, virgin coconut oil, maple syrup and fruit. For stockists, visit thechiaco.com

Inspirai Kale Chips

Dark and crispy kale sprinkled with baobab is the new superfood snack! £2.19 for 30g, inspirai.co



SENSITIVE BLADDER?

So what! **LAUGH ALL YOU WANT.**



Up to 40% thinner.* Absorbs 2x more than you may need.**

Always Discreet Liners and Pads.

Always Discreet Liners and Pads have an 'ultra' thin absorbent core that turns liquid into gel. So even though they are up to 40% thinner* than the leading brand, they still absorb 2x more than you may need.**

Also available in Underwear.

Free samples available at alwaydiscreet.co.uk

*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

†377 shoppers surveyed, Sep '14 - Jan '15

Sarah's surgery



Dr Sarah Brewer, GP and expert in complementary medicine, gives her summer health advice

My 10 golden rules for a healthy summer

1 Drink plenty of fluids

Dehydration is a common cause of tiredness, poor concentration and recurrent headaches. It's also associated with constipation, kidney stones and abnormal blood clots. Carry a bottle of water and sip from it regularly. Alcohol can have a diuretic effect, so add mineral water to wine to make a refreshing spritzer and drink alcoholic and non-alcoholic drinks alternately. Aim to drink sufficient fluid to maintain a normal volume of urine, which should be pale coloured.

2 Keep bites at bay

Deter biting critters such as mosquitoes, gnats, midges, horseflies, ants, fleas, lice, ticks and spiders with products that combine sunscreen and insect repellents (eg Boots Soltan Moisturising Suncare Lotion with insect repellent SPF30, £9), as well as using sprays, roll-ons or gels. Cover up from dusk onwards when most biting bugs become more active. If walking in long grass, tuck trouser legs into socks and boots as tick bites can pass on Lyme disease. If a red rash starts to spread around a tick bite, consult a doctor. Mosquitoes a problem indoors? Fit a net over your bed or use a plug-in repellent that vaporises during the night. Scented Mosquito Patches (£8.95, Amazon) can also be stuck to the wall to keep insects at bay.

3 Avoid sunburn

If your skin will be exposed to the sun for more than 20 minutes, make sure you use a sunscreen to reduce the risk of sunburn, premature wrinkles and skin cancer (which can develop years after

an area of skin was burned). Sunscreens are rated according to sun protection factor (SPF), which shows how effective they are at filtering UVB rays. Select a product of SPF16 or higher for adults, 30 for children and 50+ for babies. Apply sunscreen 15 to 30 minutes before exposure so it has a chance to interact with your skin. Reapply generously every few hours.

Avoid being exposed to the sun at its hottest between 11am and 3pm and remember that you can still burn on hazy days and in the shade.

4 Overcome heat rash

Sweat caused by excessive heat can become trapped in areas such as the chest, armpits and groin causing tiny, itchy spots or fluid-filled blisters. Antihistamine tablets or cream can reduce itching. Sweat rashes in skin folds are often complicated by fungal skin infections, in which case an antifungal cream will help (Daktarin Gold, £5.10, Lloyds Pharmacy) or one that includes 1% hydrocortisone to reduce inflammation (eg Daktacort, £5.39, Boots).

5 Wear flip-flops in pool showers

A verruca is basically a wart on the sole of the foot, and they are easily passed on around swimming pools – especially in communal showers. Adults are often immune due to

past exposure, but encourage children to wear flip-flops. While most verrucas eventually disappear on their own, the longer they are present, the more discomfort they will cause. Many treatments are available over the counter, including gels, patches and freezing devices. Ask your pharmacist for advice. ➔





Feel your BEST

When you're feeling full of vitality, life is so much more enjoyable – but when you're busy, it's easy to let things slide. Just a few simple lifestyle changes, such as eating healthily, exercising and sleeping well can have an enormous impact on your overall health and wellbeing.

Vitabiotics Wellwoman Plus forms part of the Wellwoman range, the UK's number one women's supplement brand. It is a comprehensive multivitamin to help women with hectic lives maintain all round health, vitality and wellbeing. Vitabiotics Wellwoman Plus has 22 micronutrients, including vitamins B6 and B12 – which aid normal energy release, plus a high purity omega 3, 6 and 9 capsule with fish oil and evening primrose oil.

Vitabiotics Wellwoman Plus
RRP £14.25 for 56 tablets.
Available from Boots,
Superdrug, Holland & Barrett,
supermarkets, and online at
wellwoman.com.



6 Know how to treat insect stings

If a sting or poison sac is lodged in your skin, remove it gently using a fingernail, blunt edge of a knife or a sterile needle – don't grasp with fingers or tweezers or you may force more poison into the wound. Wash the area with soap and water. As wasp stings and gnat bites are alkaline, apply wine vinegar or lemon juice to relieve pain. Bee stings are acid, so try baking soda mixed with water. Reduce itching with lavender oil, and stop swelling with ice. Creams containing a local anaesthetic or an anti-inflammatory (eg 1% hydrocortisone) are another option. If you have a mild allergic reaction, then an antihistamine can calm symptoms. However, if you experience a severe hypersensitivity reaction, such as fainting, collapsing, swelling or difficulty breathing, or if someone is stung in the mouth, call an ambulance. If someone has been stung in the mouth, give them ice cubes to suck while waiting for help to arrive.

7 Carry your EHC health card in Europe

A European Health Insurance Card (EHIC) entitles you to healthcare at a reduced cost (or free) in European Economic Area countries. The card is free and covers treatment of any medical condition, including pre-existing problems. You can get one via ehic.org.uk, or call 0300 330 1350. Remember,

you do still need to have your own travel insurance to cover private medical healthcare costs.

8 Watch out for jellyfish

Jellyfish are an increasing hazard when swimming in coastal waters and can cause a nasty sting. To treat, rinse the affected area with salt water – not fresh water, as it may cause more toxins to be released from stinging cells left embedded in the skin. Carefully remove any remaining tentacles (using covered hands). And, if possible, apply shaving cream and shave the area with a safety razor; the shaving cream prevents the stinging cells from discharging more poison and the razor removes them. Apply white vinegar or lemon juice to help neutralise the poison. Do not rub or apply ice. Taking ibuprofen will reduce inflammation and pain.

9 Prevent yeast infections

Candida yeast infections thrive in warm, moist conditions so, after swimming, remove your wet costume and dry off as soon as possible. If you develop recurrent yeast infections, your doctor can check your blood levels to see if you have an iron deficiency. A probiotic supplement is also a good idea. Another tip is to hot-iron knicker gussets as candida spores can survive today's low temperature (40 degree) wash cycles.

10 AVOID BARBECUE BELLY!

Food poisoning cases double over summer, so follow these simple steps for a happy tummy

A rise in temperature between four and eight degrees can more than double bacterial growth rates, so keep food refrigerated until just before you need it.

- Defrost frozen produce thoroughly before cooking – use the refrigerator for safe thawing and always marinate food in the fridge.
- Don't mix raw foods (eg fish and chicken) – especially in the same marinade. Keep them in separate containers.
- Use different tools, chopping boards and plates for veggies and raw and cooked foods.
- If away from home, keep food out of the sun in a chill box with ice packs.

- If partially cooking food in a microwave or oven to reduce barbecuing time, place on barbecue immediately afterwards – don't leave part-cooked food sitting out.
- Leave an inch gap between food pieces on the barbecue to help them cook evenly.
- Sausages, burgers and chicken should always be cooked through to the centre – check by piercing the thickest part with the point of a clean, sharp knife. If the juices run clear (not pink), the meat is ready to eat.
- Wash your hands frequently, keep pets away from food and cover food to keep flies at bay.

You can follow Dr Sarah on Twitter @DrSarahB, or read her nutritional blog at drsarahbrewer.com

“I have been using Astral since I was a teenager. My mother has always used it, my sisters use it and now my own daughter uses it. It is a family winner.



Astral is our number one skin care for our faces. Thank you.”

Rachael, 48, one of three generations of Astral users

Tell us how you use your Astral at astral-cream.co.uk

The truth is, Astral works

... for your face, neck, body, elbows, knees, legs, hands, feet ...

Focus on your eyes

Summer is a particularly important time to look after your eyes – are you doing enough to protect yours?

Finding the perfect pair of sunglasses is as much a part of summer as stocking up on sunscreen, but whether you go for designer frames or high street bargains, make sure they really will protect your eyes.

Not only will your new shades prevent wrinkles, but they could also save your sight, says Francesca Marchetti, a member of The College of Optometrists.

'Harmful UVA and UVB rays can encourage cataracts and age-related macular degeneration (AMD), which is the leading cause of blindness in the UK,' says Francesca. 'Both are eye diseases of old age, but getting too much sun can bring them on earlier.'

To be safe, look for the 'CE' mark together with the British Standard BSEN 1836:1997 – and never fall for fakes. 'However good they look, it's highly unlikely they'll offer the right protection,' says Francesca.

GET TESTED

Keeping the family up to date with eye tests is vital, and shouldn't break the bank. All children get tested for free

on the NHS and, if you live in Scotland, you are entitled to free eye tests for life. In all other parts of Britain, adults over 60 get free tests, although you automatically qualify if you have certain conditions, such as diabetes, or are over 40 and have a family history of glaucoma. If you do have to pay, costs vary widely (from £10 to £100), so it's definitely worth shopping around.

'Even if you think you have good sight, an eye test every two years is

important to rule out other problems you may not be aware of – it can detect everything from high blood pressure to brain tumours – which is why we would never recommend just buying specs off the peg,' explains Francesca.

GOGGLE EYES?

Spending hours in front of a computer isn't just bad for your back, it affects your eyes, too. Ironically, watery eyes can be a sign of a dry eye condition, often caused by hours spent at a screen. 'One in nine women over the age of 50 get dry eyes, and it's caused by failing to blink as much as you should do,' says Francesca. 'Computer work can cause your blink rate to drop by half. Your eyes then become dry because you're not producing the normal lubricating tears that come with blinking.' This can lead to soreness, grittiness and irritation, and your eyes' response is to water up, but these tears are different and do not contain the lubrication you need. 'They're a sign you need extra help, such as drops from your optician,' says Francesca.

'If you wear contact lenses, switch to one of the newer types, such as Bausch + Lomb Biotrue ONEday Lenses (£40 to £60 a month, including optician appointments), which mimic the natural surface of the eye to prevent dry eyes. They also provide oxygen and lubrication to keep the eyes healthy.'

FEAST YOUR EYES

Studies have revealed that vitamins A, C and E and the nutrient Zeaxanthin can boost eye health, so stock up on this peeper-friendly rainbow of foods: blueberries, oranges, kiwis, grapefruit, dried apricots, tomatoes, peppers, raw carrots, green leafy vegetables, green peas, green beans, broccoli, corn, lettuce (but not iceberg), tangerines and eggs.



It's important to get your eyes tested at least once every two years



WE EXPOSE OUR EYES
to an average of one hour and
45 minutes of sunlight a day,
which is seven times more than
the recommended daily limit
of just 15 minutes*.

THE WELSH are at the greatest
risk of UV damage to their eyes
in the UK, with 12.5 hours of sun
a week compared with 8.5
hours for the Scottish*.



CHANGE YOUR MASCARA

and eyeliner every three months* – they're a breeding ground for bugs that can infect your eyes.

Common eye symptoms

Blank spots when you look through one eye can be a sign of AMD (age-related macular degeneration). AMD has two forms – dry and wet, so-called because of what the optician sees when examining the inside of your eye, not whether you have a dry or watery eye.

- Dry AMD is more common, causing a gradual change in your central vision. It usually takes years to get to its final stage when, at worst, you end up with a blank patch in the centre of your vision in both of your eyes. While there is no cure, it doesn't affect your peripheral vision, so does not lead to total blindness.



The effect dry AMD has on your vision

- Wet AMD is caused by abnormal blood vessels leaking fluid and pushing the retina away from its blood supply. It can come on quickly, but regular eye tests will pick up any early risk factors.

Sore, itchy eyes could be due to conjunctivitis (inflammation caused by an allergy or infection) or blepharitis, where the eyelids become red and swollen. This is incurable, but the symptoms can be kept in check with eye wipes and cleansers from pharmacies. 'Heat can also help – you can buy eye bags from your optician

and these can be heated in the microwave and then put on your closed eyelids,' says Francesca. 'Your doctor may also prescribe antibiotic eye drops, as it could be a bacterial infection.' Styes, where a small infection forms at the base of an eyelash, can be triggered by stress. They usually get better on their own within a few weeks. Use a warm compress four times a day to encourage the release of any pus.

Misty vision is a tell-tale symptom of cataracts, which slowly cause the lens to go opaque. Nearly everyone gets them in old age, but fortunately the treatment – where your cloudy lens is replaced by a clear lens implant – is extremely successful.

Blind spots or halos around streetlights at night are a sign of glaucoma.

- Chronic glaucoma is more common – it's painless, comes on slowly and can be treated with special eye drops.
- Acute glaucoma is caused by a sudden blockage, resulting in misty vision and a red eye, and can be treated with laser surgery. Early diagnosis is important for both, as damage can't be reversed.

Floaters, and seeing spots in front of your eyes, are common as we get older. 'Short-sighted people are more prone, but if you get a sudden onset of floaters that disturbs your vision, this can be a sign of a detached retina, which may need emergency treatment,' says Francesca.

• For more information, visit lookafteryoureyes.org

IN MY CASE



'I'M BOOSTING MY SIGHT WITH NUTRITION'

Elizabeth Smith, 54, is an artist and potter from Crediton, Devon. 'Although I'm fair-skinned, as a teenager I would lie out in the sun. My skin burned and, as

I never wore sunglasses, my eyes

are sure to have suffered, too. But I didn't know I had a problem until, aged 50, I went to the optician to see if I needed reading glasses. He spotted holes in my macular and said others were forming. I had AMD, the dry version. I was scared at first, but time was on my side; the deterioration was gradual. I won't lose all of my sight and I'm boosting my chances by eating lots of eye-healthy veg such as kale and yellow peppers.'

'MY OPTICIAN SENT ME TO A&E'

Fabia Cerra, 41, is from Oxford.

'I've worn glasses since I was seven and have had annual eye checks since then. But, last year, I was so busy that I only went after my Specsavers optician Roy called to badger me. I hadn't noticed anything wrong, but he saw I had a detached retina – an emergency situation! I went straight to hospital and an hour later a surgeon was performing laser eye surgery. I'm so grateful to Roy. If he hadn't pestered me to go to that appointment, I could have lost the sight in that eye.'



'WORK MAKES MY EYES HURT'

Lorna Knowles, 46, is an administrator from Leamington Spa.

'After staring at a computer screen all day, I would often be left with sore, tired eyes. Having

spent a fortune on eye drops, I eventually went to my doctor, who diagnosed blepharitis. He prescribed an ointment to relieve the symptoms but I wanted a long-term solution. An optometrist recommended an eye bag, which I heat in the microwave and use to massage my eyes when they're tired. It's helped my eyes to generate moisture and is very soothing.'

QUITTING SMOKING CAN IMPROVE YOUR EYE HEALTH

Smokers have double the risk of sight loss in later life, according to research by the Royal National Institute of Blind People. The link between smoking and AMD is now as strong as the one between smoking and lung cancer.

More of what you love from Prima at
prima.co.uk

**BRILLIANT
DIET &
HEALTH
ADVICE
EVERY DAY!**

What should you eat in your thirties, forties, fifties and beyond for smoother skin and a trimmer tum? We have all the answers, plus lots more info on wellbeing and how to stay healthy at prima.co.uk/health

Enjoy Prima
on the
go – visit
prima.co.uk
on your
mobile!

Confident, happy and LOVING LIFE

Roz Sims was unable to enjoy those little everyday pleasures, but now she's more confident than ever and living life to the full



Thanks to her new-found confidence, Roz has started studying photography



Looking at glam, confident and self-assured Roz Sims, 56, you would never imagine that, until recently, she didn't even have the confidence to go out for a walk with her husband. Roz is among the 47% of women in the UK who experience bladder weakness, and her fear of being too far from a loo prevented her from living life to the full.

Until she discovered TENA Lady, the UK's number 1 bladder weakness brand, Roz was too afraid to have a giggle with her friends. 'I used to avoid situations where I knew I'd end up laughing,' she says. 'Those everyday pleasures like going out for a drink with friends or going for a walk on the beach with my

husband became a real nightmare for me. But now I feel so free and liberated – I can do whatever I want,' she says. 'I'm not afraid to laugh any more and I love having a real giggle! It's completely changed my life, and I feel I'm the woman I was meant to be.'

NEW BEGINNINGS

Discovering TENA Lady products has empowered Roz to live the life she wants to live, and she's making the most of every opportunity that comes her way. She has a new kind of self-assurance, and it shows in everything she does, from teaching piano to her students to discovering new passions and making new friends. 'I now have the confidence to try new things that I would never have done before,' she says. 'I've started studying photography, so I've learned to use a DSLR camera, and I love taking pictures in the garden, and going out and about with my new friends from the class to take photos on the beach. It's such a joy to come home and see the pictures I've taken, it gives me a real lift. I keep my TENA Lady products in my handbag, like you would a packet of tissues, and I'm not afraid any more. Whether I'm away on holiday, out shopping or simply meeting friends for dinner, I feel more confident than ever before.'



Roz's self-assurance shows in everything that she does



'I feel more confident than ever,' says Roz. 'Life is bright again.'

'When I danced the night away at my daughter's 30th birthday party, I felt like I was 30, too!'

WIN! For a chance to win a variety of great summer prizes including a spa weekend, a glamping break for two, concert tickets and a hotel mini-break, just visit prima.co.uk/tena-competition now!*

TENA Lady products offer Triple Protection against leaks, odour and moisture. Slip a packet into your handbag, as you would a packet of tissues, and you can get back the confidence to be yourself and enjoy life. Bladder weakness is common – experienced by nearly half of women in the UK. For more information visit tena.co.uk



WHATEVER MAKES YOU HAPPY

We've changed our packs and added easy-to-read, colour coded nutrition labels. So now it's easier to choose the best *Coca-Cola* for you and your family.



choose happiness®



330ml

| | | | | | | | | | |
|--------|---------|-----|----|-----------|----|--------|-----|------|----|
| Energy | 594kJ | Fat | 0g | Saturates | 0g | Sugars | 35g | Salt | 0g |
| | 139kcal | | | | | | | | |
| 7%* | | 0%* | | 0%* | | 39%* | | 0%* | |

100ml: 180kJ/42kcal



330ml

| | | | | | | | | | |
|--------|--------|-----|----|-----------|----|--------|-----|------|----|
| Energy | 373kJ | Fat | 0g | Saturates | 0g | Sugars | 22g | Salt | 0g |
| | 89kcal | | | | | | | | |
| 4%* | | 0%* | | 0%* | | 25%* | | 0%* | |

100ml: 113kJ/27kcal



330ml

| | | | | | | | | | |
|--------|-------|-----|----|-----------|----|--------|----|------|-------|
| Energy | 5kJ | Fat | 0g | Saturates | 0g | Sugars | 0g | Salt | 0.07g |
| | 1kcal | | | | | | | | |
| 0%* | | 0%* | | 0%* | | 0%* | | 1%* | |

100ml: 1.4kJ/0.3kcal



330ml

| | | | | | | | | | |
|--------|-------|-----|----|-----------|----|--------|----|------|----|
| Energy | 5kJ | Fat | 0g | Saturates | 0g | Sugars | 0g | Salt | 0g |
| | 1kcal | | | | | | | | |
| 0%* | | 0%* | | 0%* | | 0%* | | 0%* | |

100ml: 1.6kJ/0.4kcal

*33% less calories vs full sugared cola in GB thanks to stevia extract.

© 2015 The Coca-Cola Company. Coca-Cola, Coca-Cola Life, Coca-Cola Zero, Diet Coke, the Contour Bottle symbol, the Lippincott Ribbon and Choose Happiness are registered trademarks of The Coca-Cola Company.

No-stress summer holidays



Whether you have teens or toddlers, the school break can bring a healthy dose of family stress. Breeze through it with our expert advice

OUR EXPERT PANEL



KATHARINE HILL

is UK Director at Care for the Family and author of parenting book *If You Forget Everything Else – Remember This* (Muddy Pearl, £7.50). She has four kids.



JUDY REITH

is a parenting coach and author of *7 Secrets of Raising Girls Every Parent Must Know* (Vie, £10.99). She has three daughters.



CLAIRE HALSEY

is a clinical psychologist specialising in parenting, and is a mum to three sons.



ROSE STONE

is head of advice and information at the single parent charity Gingerbread.



BARBARA BLOOMFIELD

is a counsellor with the relationship charity Relate. She has two grown-up kids.

Home alone teen

My 17-year-old daughter doesn't want to come on holiday with us this year. I'm a bit heartbroken, and also worried about leaving her at home alone.

JUDY: By choosing to stay at home, she is gaining her independence, as she should be at this age. But it doesn't mean she won't join you again, so try not to show her your sadness. Instead, be enthusiastic about what she'll do while you're away and make your rules for socialising clear. Take her around the house and talk through practicalities like security, rubbish, pet care and food shopping. Make sure a trusted neighbour or relative knows how to get hold of you. If you're really unsure, you may need to insist that a relative or family friend comes to stay, or that she stays with a friend.

Rules for pals

I told my 15-year-old he could invite one friend on holiday. Of course, he chose the one friend who will lead him astray! How can I lay down rules for someone else's child?

CLAIRE: Applying rules for your son's friend starts with getting his parents' permission, so you know you'll be backed up. Then get together with both boys to set boundaries, establishing rewards when things go well and identifying consequences if they don't. Tell the boys what they should do rather than what they shouldn't. For example, 'Always tell me where you are going', works better than 'Don't go off on your own'. Once you've established the rules, run them past the friend's parents, and when you're away, apply them consistently.

Generation game

We're going away with my husband's parents for a week. I have to do everything for our children, plus make sure they don't irritate their grandparents. How can I keep everyone happy (including me)?

KATHARINE: Many holiday arguments are caused by unmet expectations, so

talk to your husband about what you hope to do while you are there and what you want to get out of it. Plan some time during the break when you do your own thing as a family, without your in-laws, and agree to share the chores. Also, factor in some 'me time', which enables you to relax. For example, go for a walk or head to a nearby cafe and read a book. ➔

Single life

I'm a single mum and I generally cope really well, but I feel uncomfortable going on holiday with the kids among a sea of two-parent families. I need some advice on how to cope.

ROSE: Remind yourself that you are doing a great job looking after your children. Remember, too, that holidays are for you as well. Involve your children in dividing your holiday time between activities they like and things that you enjoy. That way, they learn to organise their day, share their time and consider what others want. If you're worried about going away on your own, think about getting together with family or friends for your holiday, to share the costs and the experience. You can get advice and support from other single parents at gingerbread.org.uk.

Can I ask for help?

I would love my parents or in-laws to have our children, who are 12, 10 and eight, for a few days each to help me out. Neither have offered though, so how do I ask them?

KATHARINE: The golden rule is: 'It is fair to ask, but not to expect.' When you broach the subject, make sure that it comes across as a request and not a demand. If they agree, be grateful and don't put pressure on them to do more. Talk about practical issues, like discipline and screen time, before they start looking after the children to establish ground rules and prevent arguments arising. If they say no, there may be reasons behind their reluctance, which can be easily resolved and a compromise reached. If their decision is final, try to respect their freedom to choose and move on without taking it personally – otherwise it could put pressure on your family relationship.

Summer loving

I fear this could be the year that boys and bars will feature in my 16-year-old daughter's summer. Any advice?

JUDY: When you discuss this with your daughter, explain that you don't want to be a nag, but you want to ask her what ideas she has about these issues. Try



Happy campers

All my children's friends seem to have exciting plans for foreign holidays, while we're camping in the UK. How can I stop them feeling like they're missing out?

KATHARINE: Every holiday is an opportunity to spend quality time together, but be honest with your

children to manage their expectations. Encourage them to focus on the positives and ask them to help with researching where you'll be staying so you can plan activities to satisfy everyone. Camping provides a great opportunity for creating special memories; think about torch-lit walks, treasure hunts or if you are near the sea, games or barbecues on the beach.

to listen patiently – a car journey can help make it easier to have these conversations. Keep away from advising, criticising or changing the subject. Daughters tell me, more than anything, that they want their parents to listen, not lecture.

Should we take all our children?

My new partner and I are both divorced and have four kids between us. He wants to have a big 'blended family' holiday, but I think it sounds like a recipe for disaster. What to do?

BARBARA: Unless the children have spent a decent amount of time together, a holiday isn't the best idea. Weigh up how much the kids have in common, whether they've had similar upbringings, or like the same kind of things – and recognise that they may not be as smitten about your new relationship

as you are. If it still feels like a good idea, ask the children what they think. If you book the holiday, consider where everyone will sleep and if there are enough activities to keep everyone busy.

Juggling work and kids

I work from home and seem to spend the summer holidays putting the TV on to keep my young kids entertained. How do I balance work and children?

CLAIRE: If possible, break your day into three separate work periods: early morning before the children are up, after lunch, and after their bedtime. If you have friends who are also juggling work and holiday time then you could arrange to take turns looking after the children. Finally, make use of summer holiday clubs, then you can be ready for quality time once they're home.

Prima promotion

Protect your pets

Happy pets make for a happy home. Help to keep your cat or dog content with a regular flea and tick treatment that works fast and effectively



Faithful friend and constant companion, your pet sticks by your side through thick and thin.

The welcome of a wagging tail or a cat craving a fuss can send your spirits soaring, so it's heartbreaking to see their lives made a misery by irritating fleas and ticks. As many as one in five cats and one in ten dogs suffer from fleas*, which may cause scratching and inflamed skin, and

can carry tapeworm eggs. Also ticks can transmit Lyme Disease. That's why it's so important to protect your pet against fleas and ticks by treating them regularly. Easy-to-use and water resistant, Frontline® Spot On kills fleas and ticks and helps to prevent the diseases they transmit. Applying Frontline Spot On monthly all year round to all cats and dogs in your household provides continuous protection against fleas and ticks – so you'll have peace of mind that your pet is protected.

EASY APPLICATION: Simply part your pet's coat and place the tip of the pipette on to the skin. For dogs, apply in one or two places between the shoulder-blades. For cats, apply half at the base of the skull and half 2-3cm further back.

Frontline Spot On is readily available through pharmacies, pet stores and online, as well as veterinary clinics. To find your nearest retailer, visit uk.frontline.com.



The UK's No.1 flea and tick protection*

Turn your home into a GOLDMINE this summer

Boost your income by making better use of your bricks and mortar – and you don't need to live in a show home either!

From renting out your home when you're on holiday to offering camping in your garden, making your property pay its way is the hottest money-making trend right now. New websites and apps can help you make cash out of every nook and cranny – it's never been so easy. 'Many companies market your home for free, making their commission on bookings, so you keep more of the profit,' says Jasmine Birtles, financial expert and founder of moneymagpie.com. 'They also usually look after the payments, allow you to set your own rates and specify what type of bookings you want, putting you in control. The only thing you need to do is declare any extra income to HMRC.'

GIVE A HOUND A HOLIDAY

If you love the thought of your home being full of wagging tails this summer, offering doggy daycare or boarding could make you around £25 per dog per day. You don't need any qualifications, but you do need to contact the council first and apply for an Animal Boarding Licence. **How to get started:** Try dogbuddy.com. It's free – you just pay a fee on bookings, and Dog Buddy provides pet insurance.

BE CANNY WITH YOUR SPACE

For those of you who don't like the idea of people in your home, but wouldn't mind their possessions, offering space

in your shed, basement or spare room might be an option to make cash. In fact, you could make £50 a month simply by allowing a local person to store their belongings in your home.

How to get started: Try storemates.co.uk (free; you pay commission on bookings) or storenexdoor.co.uk (free if you offer space).

GET CASH FROM YOUR CONCRETE

Renting out your driveway or parking space can make you around £10 a day, especially in areas where parking is scarce or pricey. You're also more likely to make money if you live in a commuting area, a big city or near a popular attraction.

Jump on the rent-a-room boom

Thanks to a Government scheme, you can charge up to £81 a week for a room without paying any tax – that's a total of £4,250 a year (direct.gov.uk). However, if you're getting a long-term lodger, tell your mortgage company. How much you make depends on your spare room and where you live, but if you're close to large cities or places of interest, there's big demand. Don't forget to check references first. **Want regular Monday to Friday?** If you live in a commuter area, but want your weekend privacy, try mondaytofriday.com.

Don't mind someone staying all week? Advertise on spareroom.co.uk or easyroommate.co.uk.

Want a more family feel? Try offering foreign students house and board. Call language schools and universities and add your name to their accommodation databases. Or, try homestay.com.

Paying guests only when you want them? Airbnb.co.uk is popular for good reason: you can advertise a room or the entire house and specify who, what and when, as well as set 'house rules'. And they carry out guest verification.

How to get started: Parkonmydrive.com, justpark.com and yourparkingspace.co.uk are all free, but you pay a fee on bookings.

LIGHTS, CAMERA, 'OOOH, THAT'S MY KITCHEN!'

'Glamorous or stately homes are popular for filming, but advertising, film, TV and photography crews are also after the quirky, the original and the ordinary,' says Phil Haselden, director of Amazing Space. You could make between £750 and £2,000 per day, but be prepared for disruption if a film crew arrives.

How to get started: Amazingspace.co.uk, shootfactory.co.uk or lavishlocations.com.

3 WAYS TO GROW MONEY IN YOUR GARDEN

1 HELP SOMEBODY FIND 'THE GOOD LIFE'

You won't make big bucks, but renting out part of your garden as an allotment may mean never visiting the greengrocer again! Try spareground.co.uk and landshare.net.

2 GET RENT FROM TENTS

If you have a picturesque garden in a popular location, you can advertise temporary camping at campinmygarden.co.uk. Prices depend on location and facilities, but range from £5 to £20 per person per night.

3 RENT OUT SUMMER GARDEN GEAR

Are your friends and neighbours always asking to borrow your power washer or gazebo? That's a sign there's money to be made! Hiring out your party marquee could make you £200 a day. You can list anything you think people might want to rent on rentmyitems.com, gumtree.com or other local listing websites. Just don't forget to request a deposit and get all of the borrower's details.

IN MY CASE



'Dog boarding fits into family life'

Celese Fitzgerald, 40, from London, says: 'I adore looking after dogs and it brings in regular money. I charge around £25 per dog per night through dogbuddy.com and simply specify that the dogs have to be used to, and good with, children. As a stay-at-home mum, it helps me pay the bills and fits perfectly into my life. Dogs stay for anything from a day to a month, and I play with them, take them to the park and treat them as part of the family. I love it!'



'I rent out my spare room on my terms'

Cathie Hartigan, from Exeter, says: 'I live near a university and there's always people looking for places to stay. I've had guests from as far as Malaysia and Canada! My spare room has its own bathroom, so there are no queues for the shower. I love that on airbnb.co.uk, I can offer bookings at times that suit me. I charge £35 per night and have guests for one night to two weeks. The site has safety measures, but I also check references. It's a great way to make extra money.'



Smartphone or camera?

Using your smartphone to take photos can be fiddly, as anyone who's ever tried to zoom in on a touchscreen with fingers covered in sunscreen can testify! Using a camera will give you more control, and it'll save your phone's battery. That said, the best smartphones now match many cameras in quality, have great video features and let you upload those instant 'wish you were here' shots to Facebook. Think about what type of photos you want to take and how often – if you're a 'point and shoot' kind of gal, then a smartphone is a good choice. If you're a bit more serious, it's worth investing in a camera. Whichever way you decide to go, we've picked some fab options...

SNAP HAPPY

How to take – and share – great holiday photos using the best gadgets around

Phone photography



Best for movies: iPhone 6

Its iSight camera is packed with sophisticated features. Auto image stabilisation deals with shaky hands by taking four photos and then combining the best bits in one good pic. Also, try Slow-mo for a dramatic effect! £539, Apple Store, or on contract from networks

Best for nightlife: Sony Xperia Z3

This Android phone is waterproof, so you can shoot from the pool and underwater to a depth of 1.5m. It's also great at taking photos in low light, perfect for dimly lit restaurants or outside at dusk. £429, Sony, or on contract from networks



Can-do cameras



Best for handbags: Canon PowerShot SX710 HS

If you don't want to rely on your phone, this 20.3 megapixel camera is for you. It's so small it fits in a pocket and has 30x zoom for faraway subjects, as well as Full HD video. £269.95, John Lewis

Best for super serious snappers: Nikon D5300 with 18-55mm lens

If you're a would-be Annie Leibovitz, you need a DSLR (digital single lens reflex) camera. This one is a worthy investment – it's lightweight and has 24.2 megapixels. £559, John Lewis



Best for video and under £200: Panasonic HC-V160

One for budding filmmakers, the 'ultra-telephoto' lens has a 77x zoom to catch distant scenes and its wide angle fits plenty into the frame, making it ideal for capturing groups. And try out its filter effects, such as Silent Movie. £179.99, Currys

The art of the selfie

Putting yourself in the frame? Here are the rules for taking the perfect selfie...

- 1 Don't look down into your phone.** Instead, hold it above your eyeline at a 45-degree angle for a more flattering view.
- 2 Be aware of lighting** – harsh light will highlight wrinkles, so move around, looking into your screen to find the ideal light source. However, stay away from any shadows.
- 3 What's behind you?** Try to include an interesting backdrop, but avoid unwanted props like a stranger's head or a sign for the loos!
- 4 Know your best angle.** A slight profile is more flattering than face-on. A survey found that women delete five selfies and settle for the sixth*. Or, like queen of the selfie Kim Kardashian, you can take hundreds until you get the perfect one.
- 5 Retouch.** We like the Instagram filter Valencia, because it easily softens lines and dark circles.



Stick-up

It's been the year of the selfie stick – those telescopic poles that you attach to your phone to take group photos or wider background shots when travelling solo. This Bluetooth-enabled stick multitasks as a battery charger and torch, and has a firm grip, so your phone won't fall off. Collapsed, the stick fits easily in a roomy handbag.



Picture-perfect apps



Pic Stitch, free, iTunes, Google Play

Create a photo-collage in one square image. Choose a layout then tap to add photos from your phone or Facebook.



Facetune, £2.99, iTunes, Google Play

Fix your face with this editing app. Smooth wrinkles, whiten teeth, tone away dark patches and eliminate blemishes. Easy!



A Better Camera, £2.99, Google Play

Someone spoiling your idyllic beach scene? Use Smart Multishot to take the photo, then select 'object removal'.



Brushstroke, £2.99, iTunes

Make photos look like paintings. Fine-tune the effect by choosing colours and textures to create a masterpiece.



Snapseed, free, iTunes, Google Play

This app is great for fast and simple editing. It has lots of options to play about with to enhance your photos.

Page-turners

A photobook is easy and fun to design online and gives you something physical to show, instead of scrolling through your phone. We like Photobox's 26-page photobook – it's great for storing all your memories! £29.99, Photobox



Wireless printing

Using wi-fi to connect to your computer, the Epson EcoTank L355 doubles up as a scanner. It comes with ink that'll last for two years – that's 4,000 pages in black and 6,500 in colour – and you simply top up from individual bottles. Plus, there's an app so you can print instantly from your phone or tablet.

Printer, £249.99; ink, £7.99 each, both Epson



Fall in love with Instagram

Dave Burt, founder of @London, which has over 1.2 million Instagram followers, reveals how to use the photo-sharing social network.

Facebook helps you stay connected with friends and family, Twitter is great for news and Pinterest is perfect for sharing ideas. Instagram is the place to go for inspiration – share beautiful photos and follow people who inspire you.

Isn't it just for hipsters and celebs?

With over 300 million users globally, it's not just for sharing pretty pictures of your cappuccino. You can discover new cultures and find inspiration for food and travel.

How do you add photos? The Instagram app allows you to take photos on your phone, and you can easily make average shots look special by choosing from 23 filters. Try Lo-Fi for a dramatic look or Nashville for a retro feel. Or upload photos you've taken on a digital camera.

How does it work? You can 'like' images and videos and, as you share your own,



people who find your posts will also 'like' them. Everyone creates a username, for example @primamag, making it easy to tag your friends in posts. Add a hashtag to your photo, such as #Morocco, and anyone searching Instagram for pics of Morocco can find it.

What about followers? When you install the app, you'll see which of your Facebook friends are on Instagram, so you can follow them and see who they are following. You can keep your profile private or have a public, open profile.

@PRIMAMAG LOVES:

@mensweardog This cute hound models men's clothing. A bit silly, but so much fun!
@natgeo Fab pics by National Geographic.
@deliciouslyella Lovely meals and pics from food blogger Ella Woodward.
@growsomethinggreen Be inspired!

Creative corner

Transform your work space from dull to dreamy by making sure the functional bits (chair, desk lamp and storage) are as pretty as possible. Get the creativity flowing by taking time to smell the flowers while you work. Quite literally...



Desk (painted in Malmo blue), £419, Scumble Goosie. **Chair**, £95, Graham & Green. **Cushion**, as before. On desk: Eku **document holder**, £19.95, Nkuku. Liberty **notebooks**, as before. Wire **basket**, £8.95, Rockett St George. Wooden **spools** and Posies **ribbon**, as before. Elliot task **lamp**, £65; William Morris **framed print**, £60, both John Lewis. Heart **wall art**, £10, Sainsbury's. Giant **safety pin**, £17.50, Berry Red. **Mug**, £10 for 4, Sainsbury's. Gisela Graham **jug**, £15, The Contemporary Home. On wall: **Clock**, £35, Next. Hanging **rack**, £6.95; Kota tea-light **lanterns**, £4.95 each, all Nkuku. Floral **pegs**, £4 for 12, Talking Tables. Fabric **bird**, £6, Rockett St George. On floor: Floral **fabric**, from £51 per m, from a selection, Sanderson. **Bin**, £34, Rockett St George. **Baskets**, £19.95 for 2, Berry Red

Coming up *roses*

Be happy with the prettiest floral prints, colours and accessories for your home and garden. Blooming marvellous!

Sitting pretty

A sofa in a gorgeous print will transform a room into a summery haven whatever the time of year. You can mix floral prints, as long as the colours are coordinated, and even frame wallpaper off-cuts for the wall.



Greenwich **sofa**, £789, Multiyork. **Cushions** (l-r): Pastel, £49, Caravan. Gracie, £15, John Lewis. Covered in Sweet Williams 224332, £56 per m, Sanderson. Empire **console table** (painted in Old White), £577, Scumble Goosie. Fluted **vase**, £14.50, Cox & Cox. Pink **vase**, £12.95, Nkuku. Liberty **notebook**, £10, John Lewis. **Trinket cube**, £28; **candelabra**, £28, both Graham & Green. Blush **candles**, £8.50 for 10, Cox & Cox. On wall: Glass **rack**, £30, Graham & Green. Displayed on glass rack: Purist bird **vase**, £19.75, Graham & Green. For similar wooden **spools**, try Sticky Tiger. Posies floral **ribbon**, £4 for 5m, The Contemporary Home. **Vases**, £8 for 2, Nordic House. **Ceramic feather**, £3, John Lewis. Kota coloured **tea-light**, £4.95, Nkuku. **Frame**, £13, Ikea (Chelsea 214604 wallpaper inside, £52 per roll, Sanderson). On floor: **Basket**, £40 for 2, Next. **Throw**, £89, John Lewis. **Rug**, £38.50, Berry Red. **Side table**, £150, Urban Outfitters. Floral **plate**, £4; hi-ball **glass**, £3.50, both Marks & Spencer. Rose **plant pot**, £35 for 3, Graham & Green

Hothouse flowers

Create the perfect setting for an afternoon party with cool cucumber sandwiches and tea in bone china cups. Retro-style rattan furniture brings a hint of on-trend 'palm house' style that looks fabulous with flowers. A floral upholstered armchair and lots of beautiful blooms soften the look.



Ariel outdoor **sofa**, £525, John Lewis. **Cushions** (l-r): Painted floral, £15.60; round velvet, £19.50; Portabella floral, £15, all Marks & Spencer. Bluebellgray Camilla, £75, John Lewis. **Hat**, £15, Marks & Spencer. Herringbone **throw**, £89; **Coffee table**, £175, both John Lewis. On coffee table: Glass **bowl**, £7 for 3, Rigby & Mac. Folksy melamine **bowl** (used as stand), £4.50, Berry Red. Jade **vase**, £19.50, Berry Red. **Urn**, £7.50, Cox & Cox. **Teacups**, £11.50 each, The Contemporary Home. Lymington **armchair** in Designers Guild Ophelia Orchid fabric, £983, Sofas & Stuff. On chair: Jeanie **cushion**, £25, Marks & Spencer. Chenille **rug**, £120 for 140x200cm, Next. Hanging **birdcage**, £22.95, Rigby & Mac. Crosley **record carrier case**, £60, Urban Outfitters. Hanging **frames** (left), £12.95 each, Nkuku



What a crate idea!

How about this for fab storage where rustic charm works? Turn two crates on their sides, stack, and decorate with flowers, plants and bits and bobs. Easy!



All rosy in the garden

Planning a special celebration or having friends over for a long, lazy lunch in the garden? Set a gorgeous scene with an elegant table. Starting with a crisp white tablecloth, build layers of colour in your floral-inspired accessories, coordinating your glassware with crockery and seasonal blooms. The fab outdoor lacy light shade is the perfect complement to the beautiful tablecloth.

Bistro **chairs**, £35 each, Tesco. On table: **tablecloth**, £45, Marks & Spencer. Peach **placemats**, £18.95 a pair, Nordic House. Avignon white **dinner plates**, £6 each, M&S. French blue Faustine **side plates**, £49.95 for 6; Rose Blush **dessert plate**, £5 each, both Dibor. **Napkins**, £8.99 each, Linen Me. **Ribbon**, £4 for 5m, The Contemporary Home. **Wine glasses**, £3.50 each, M&S. Tetbury **tray**, £18.50, Berry Red. Folksy melamine **bowl**, as before. **Vase**, £9.95 for 3, Nordic House. **Bowl**, £7 for 3; **Jug**, £26.95; **Candlesticks**, from £9.95, all Rigby & Mac. **Candles**, as before. **Parasols**, £5.50 for 24, Talking Tables. Fabric **birds**, as before. Battery-powered lacy **light shade**, £25, Cox & Cox



Game for a laugh

Turn a garden bench into the meeting place for fun and frolics. Have a cold drinks dispenser on hand and you're all set for a game of croquet on the lawn!

Valentino **bench**, £129.99, Dunelm. Meadow print **cushion**, £20, M&S. Bluebellgray Camilla **cushion**, as before. Wooden **folding table**, £55, Rigby & Mac. **Croquet set**, £40, Laura Ashley. Floral **kantha quilt**, £75, Berry Red. **Tray**, £19.50, M&S. **Tumblers**, £5 for 4, Sainsbury's. On table: **Tumbler**, £8.95 for 4, Rigby & Mac. **Drinks dispenser**, £17.50, M&S. Truly Scrumptious floral **straws**, £3.50 for 30, Talking Tables. **Wine glasses**, as before



Cool retreat

A shady corner of the garden can become the perfect place to relax – all you need is a comfy seat and a jolly good book.



Cath Kidston rose bouquet **cushion**, £30, John Lewis. Liberty floral **notebook**, as before. Metal **planter**, £25, Cox & Cox. Rose **plant pot**, as before. Floral stacking **mug**, £2.50, Sainsbury's. For a vintage-style **rocking chair**, try Leisuregrow Wood & Weave, £179, John Lewis



Plate of prettiness

Keep your look coordinated by using shades of the same colour. Here, pink graduates from a pastel to a deep blush. Introduce pops of other colours with floral ribbon to tie everything together.

Amara **placename holders**, £42 for 4, Rowen & Wren. Eyelet **tag**, £2.55 for 10, Jane Means. All other items, as before

Feature: Gary Irwin Styling: Charlie Davis Photos: Mark Scott

‘Make your house a HOT PROPERTY’

Does your house have the kerb appeal it needs to be sold? Ex-estate agent and TV presenter Amanda Lamb suggests some easy ways to add value to your property and make it more appealing

Amanda Lamb, 42, lives in London with her husband, Sean McGuinness, and their two daughters, who are six and three.

People often forget that the first part of their house buyers see is the outside.

When I was an estate agent, clients relied on us to take them to properties; now most people look on the internet first. The first thing they see is a photo of the outside and if the lawn is overgrown and there's peeling paint and rubbish outside, it's going to put them off because it gives an air of neglect.

People make up their minds about a house within three or four seconds, before pressing on the 'more info' button.

So, if you're trying to sell your house, you have to get the kerb appeal right. Find somewhere to hide the bins. Sort out unkempt lawns, clean the windows, paint the front door; add a plant pot and plant some tulips. And get a nice doormat. Little things like these can make a big impression.

I paint the outside of my house every couple of years. If you get a professional to do it with the right masonry paint, it could last for five years, or maybe even 10 years. But if your house is looking a bit grubby before that and you want it to look nice and presentable, it's amazing what painting the exterior can do. The time to paint it is spring or summer.

Most buyers decide whether or not to make an offer within 30 seconds of walking through the door. I've certainly done that with each of the eight houses I've bought over the years. So if you're trying to sell, you need to have every single room looking spick and span: clean, tidy, well presented and decluttered. Make sure a room is used for what it is intended for. I see so many guest rooms that have

become places to store weights, but if your guest room doesn't have a bed in it, buyers assume it's because it's too small.

Avoid making major changes to your property if you're planning on moving in the foreseeable future. You never know who your buyer will be. You could invest £10,000 on a new kitchen extension, or a loft conversion that your buyer won't like. Instead, if your house needs work, make sure your price reflects that.

The exception to that rule is bathrooms. If yours is really dated – with an avocado suite, say – think about putting in a new one. You can pick up white suites for £200 to £300 from DIY stores and that, plus a coat of paint, can transform a room if you keep it neutral, fresh and simple.

Don't forget that the way your house smells is really important. If you have cats, dogs or smokers in the house, it might be worth thinking about changing your carpet, as these smells can really put people off. Open all the windows to give it a good airing. And a vase of flowers – even just a daffodil in a milk bottle – will look great.

By far the most important thing to do is declutter. If you don't know where to start, imagine you are moving in two weeks and everything has to go. Tackle a room at a time so it's not too daunting. Get three boxes: one for stuff to keep, one for charity/recycling and one for chucking out. I'm such a fan of throwing stuff out! If you have kids, take their toys to charity shops or boot sales. The British Heart Foundation takes white goods and furniture.

Try not to hang on to stuff you don't need. When I got divorced and had to move out of my house into a smaller flat, I realised I had 24 mugs. I'm never going to have 24 people all in my kitchen drinking tea

at one time! If you're really struggling, rope in a friend who can be more ruthless.

It's important to have office space somewhere. If you don't have the luxury of an actual room, designate an area to put a desk with a pinboard above it, even if it's in your kitchen. But be inventive – there might even be space under the stairs.

Moving house is stressful and a huge upheaval and there's not much you can do about that.

My advice is: never get excited about a new home until you've exchanged contracts or have the keys in your hand. If you get gazumped, you just can't get disheartened – there really is another property around the corner. I have lost out on so many 'dream homes', but I've always found something better.

● *Selling Houses with Amanda Lamb is on Tuesdays at 9pm on More4*

3 WAYS TO SPRUCE UP YOUR GARDEN

1 Transform an old fence or shed with a coat of paint. Cuprinol does a fantastic range of colours from lavender to natural stone and slate grey.

2 Make sure the lawn is trimmed and the decking is scrubbed. Have a jet wash for mossy paving slabs and invest in some little pots to plant hellebores and tulips for a pop of colour. Then go to the tip and chuck out plastic pots, broken tools and old toys.

3 Treat your garden like another room. Perspective buyers like to imagine themselves out there so banish the trampoline to the bottom of the garden and put out a table and chairs.



The real Amanda Lamb

Are you a saver or a spender?

Saver. I'm so sensible with money. I got my first pay packet at 13 and my mum said: 'Save a third, spend a third and put a third into a tax account.' I still do that to this day.

If you won £50 on the lottery, what would you spend it on?

A really lovely lunch with my husband – without lots of children!

How did motherhood change you?

It amplified every single emotion I have. I felt tiredness, love and worry like I've never felt before and became furiously protective – I'd do anything for my children.

Any tips on how to make being a working parent easier?

Surround yourself with people who are going through the same thing. Someone saying 'me too' makes you feel you're not alone. Also, get organised; try to do anything that needs to be done for the following day the night before and designate times to do stuff. Monday morning is when I do my paperwork.

What kind of mum are you?

I love reading, play time and doing arts and crafts with my girls, but I'm quite firm and a stickler for manners. My daughter described me the other day as, 'kind, funny and a little bit shouty'!

What does family mean to you?

Everything. When I was 35, I didn't think I'd have children, then all of a sudden I have these two beautiful little girls. I'm also blessed with an amazing younger brother and sister and great parents who give me unconditional love and support.

What is your passion? My children and my home. As a Cancerian, I'm very focused on where I live and I'm constantly thinking of ways I can make changes, like new wallpaper in the bedroom.



GET THE COUNTRY LIVING LOOK SHOP AT OUR ONLINE STORE!



BUY ORIGINAL
ACCESSORIES
FROM OUR
SELECTION OF
BRITISH
DESIGNERS
AND MAKERS

HAND-CRAFTED LAMP SHADE* £55, PINS AND RIBBONS



HAND-PRINTED LARGE OILCLOTH PURSE (H13CM X W22.5CM AT WIDEST POINT)
IN A NEW BLUE TIT DESIGN WITH WATERPROOF LINING £15, SUSIE FAULKS



FLOWER BOTTLES WITH GARDEN ROSES AND SCENTED HERBS £35, THE FLOWER STUDIO

VISIT NOW AT SHOP.COUNTRYLIVING.CO.UK/PRIMA

Girl about the house

Pressed for time and want a helping hand with your chores? We have all the advice you need to become a domestic goddess



CHIC CLOTHS

Who knew cleaning cloths could be so stylish? We love these eco dishcloths for their on-trend nautical designs. They're machine washable and reusable, too. Dishcloths, £3 each, Berry Red

SUMMER STAIN SOS

Outdoor activities can cause all sorts of stains on your clothes. Here's how to keep your whites white and your outfit spotless

Whiter whites For brilliant white laundry, place clothes in a bowl filled with very hot water then add the juice of 2 or 3 lemons. Leave overnight before washing as normal.

Mud Wait for the mud to dry completely, then remove with a vacuum cleaner. Never rub with a damp cloth!

Grease Cover the area with washing-up liquid and leave for 10 minutes. It cuts through grease on plates and works wonders on fabrics, too. Give it a wash in the machine afterwards.

Berries Summer berries can easily stain your clothes.

Stretch stained clothing over a bowl in the sink.

Pour boiling water from a kettle over the stain and watch it disappear.

Perspiration Rinse clothing in cold water to remove salts stuck in the fabric, then soak in washing detergent for an hour. Wash as normal.

Grass Vanish stain remover is great for removing stubborn grass stains. Fill a container with water, dissolve a scoop of the powder and soak the clothing overnight.



3 OF THE BEST ICE CUBE TRAYS

This stylish crop of trays stand out from the crowd and they're ice-poppingly useful, too!



1 Tall order A wand of fruit-shaped ice will keep your long drinks cool. £8, John Lewis

2 Quick release This ice cube tray is so easy to use. Simply flip and

squeeze. £11, Joseph Joseph



3 Crush it For instant crushed ice, just twist this tray. Perfect for summer cocktails. £6.99 for 2, Lakeland



GARDEN FURNITURE REVAMP

If your wooden furniture is looking a little dirty from being left out over the winter, give it a good clean with Cuprinol's garden furniture wipes (£5.29). They also add oils that help it last longer.

Smart tips for a better night's sleep

Warm nights and hay fever-filled days can play havoc with your sleep. However, a simple change in your household routine will have you sleeping soundly in no time...

✓ **Allergy sufferers** will benefit from anti-allergy bedding, as the fabric has such a tight weave, little can penetrate it. Choose bedding that can be washed at 60°C – the minimum temperature for killing pesky mites.

✓ **If you hate the feeling** of synthetic bedding but suffer from allergies, opt for silk or wool alternatives. They will

be warm in the winter and cool in the summer and the feel is divine!

✓ **Keep cool all night** with The Fine Bedding Company's Cool Touch pillow (£40, pictured). The inner system transfers heat away from you, then releases it slowly.

✓ **Reduce the tog.** A lighter summer duvet should have a tog of about eight for a good night's sleep without overheating.



Carnival of colour



Garden writer Pattie Barron shares her secrets for making her terrace at home in

West Sussex burst with energy, colour and gorgeousness!

‘Creating a container display is my favourite form of gardening. It’s such fun and so easy to make the smallest outdoor space come alive with a carnival of colour. This is when I throw good taste to the four winds and go for impact all the way on my terrace. I like to bank up my potted treasures on different levels so they form a flower border, which is more effective than dotting pots all over the place.

Plant stands are great – I paint mine different colours every year – but you can create a similar effect by using upturned flower pots or stacking bricks to make improvised plinths. I gather together my stash of pots and reach for a big bag of multi-purpose compost, sit at my garden table and get planting.

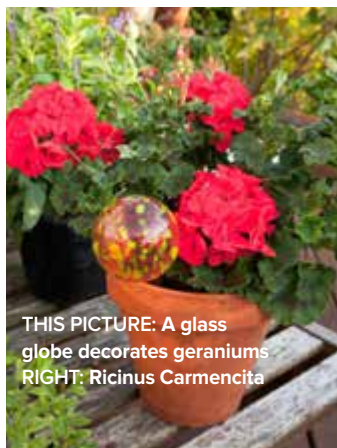
I don’t get hung up on making the perfect plant combinations for each pot, nor should you. It’s easier to use one type of plant per pot, then move them around until you get the effect you like best. Choosing plants is the exciting part. It pays, I find, to not be a plant snob but to be drawn to whatever you love. Have an open mind. Fuchsias aren’t popular, but the dangling flowers are gorgeous and keep on coming until the frosts. Begonias, big and blowsy, are due for a comeback and their flower power is unequalled. Tagetes marigolds are cheap as chips and they make lovely dots of orange among darker flowers and foliage.

Succulents – you’ll find them in the houseplants section of the garden centre – are amazing and all they demand is a place in the sun. They need little or no water and make a great contrast to flowers. Think of a licorice-black aeonium, like a shiny black palm tree, making a fat, glossy rosette in a potful of pink argyranthemum daisies, or a simple green succulent producing a multitude of spikes, like a punky haircut, from a painted pot.

Tomatoes, peppers and aubergines make colourful talking



Arrange your plants for maximum effect



THIS PICTURE: A glass globe decorates geraniums
RIGHT: Ricinus Carmencita



‘Choosing plants is the exciting part – be drawn to whatever you love’ ➔

WHERE TO PLACE YOUR POTS

- **Always in groups,** gathered together, for a feeling of abundance.
- **Go up the wall!** My bare white wall on the terrace is brightened with pots of geraniums dropped into black holders; try spanishrings.com.
- **Use garden steps:** Put pots on the edge of alternate steps, leaving enough space for an easy passage.
- **Hang 'em high:** Place strawberries where the slugs can't get them – in the sky! Use hanging baskets or kitchen colanders on chains – a great way to grow tomatoes, too.



Gorgeous real garden



A plant stand painted a deep colour makes a perfect backdrop

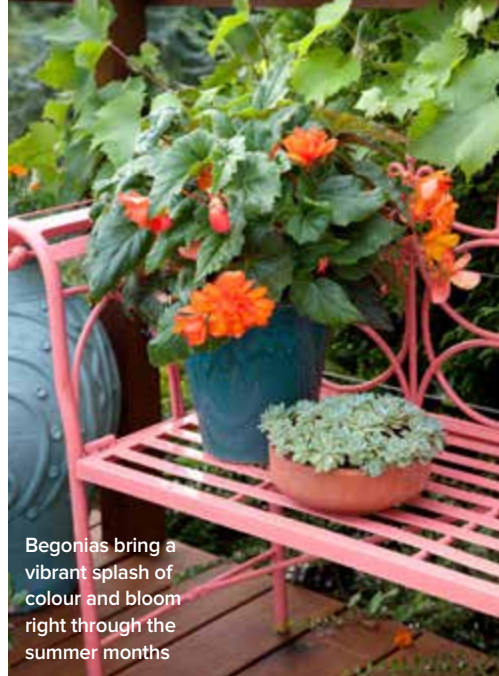
points and suit terracotta containers a treat. I like to mix them up with thymes, trailing rosemary and other herbs for a potted kitchen garden that makes easy pickings.

My colour preference is for hot, rich shades relieved with the occasional splash of lighter colour, but you might prefer dreamy, pale pastels or a fresh, crisp yellow-and-white combo. Some kind of colour theme, though, will pull the whole look together. Foliage is as important as flowers. I use the large, russet-bronze leaves of castor oil plant *Ricinus communis* 'Carmencita' – simple to grow from seed earlier in the season – as well as the sword-like foliage of deep red phormiums and the paddle leaves of banana plants. In late afternoon, the sun shines through them and they glow like stained glass. Against these dark colours, a splash of red geranium (one per 7inch-diameter terracotta pot) looks luscious.

I like to go to the garden centre and choose all kinds of bedding that appeals, but I avoid busy lizzies, which have had disease problems, and find petunias can spoil in the rain. However, their baby relatives, calibrachoa, are daintier and tougher, and the dark, velvety Black Cherry is a great foil for the flat flowerheads of the pale Verbena



Puffin patrols the deck!



Begonias bring a vibrant splash of colour and bloom right through the summer months

Peaches 'n' Cream. I love daisy flowers and osteospermum need little watering; Tresco Purple are a terrific deep magenta and Serenity Bronze is a novel shade of burnt orange. Lily bulbs pushed deep into compost in spring make stupendous blooms in high summer, and a potful or three of lavender for scent is always welcome, especially when it's within stroking distance of a seat.

The merest peek of compost is banned from my terrace – shells, florists' marbles, sea-washed glass pieces or pea shingle are my mulches of choice that also serve to retain moisture. I use a battery of decorative objects to add to the jolly mix, such as bright candle holders, Hozelock's marbled glass watering globes pushed into compost, pretty lanterns from Ikea and sparkly beaded lizards. But I draw the line at plastic gnomes. Even I have my limits!



ABOVE LEFT: Succulents flourish on little water ABOVE RIGHT: Aeonium Schwarzkopf

GOOD POT PRACTICE

- Add some drainage at the bottom of each pot: polystyrene bubbles or packaging are ideal.
- Prevent waterlogging and protect your deck by raising containers on pot feet, three per pot for stability.
- Use a water-retentive, multipurpose compost, such as J Arthur Bowers Masterblend compost, to fill your pots.
- Leave an inch or two of space between the compost and the top of the pot to allow for watering.

SHINE A LIGHT

Here are some gorgeous garden lanterns to ensure the fun doesn't stop when the sun goes down...



Tea light
lantern, £9.95,
Orla Kiely at
Cuckooland



Grey ornate
Moroccan
lantern, £11.95,
Melody
Maison



Wire work
lantern, £20,
Linea at
House of
Fraser



LED lantern
with jute handle,
£19.99, Notcutts
Garden Centres



Topaz square
fisherman's
lantern, £14,
Laura Ashley



Fab home and garden
ideas from associate
editor GARY IRWIN



Singing the blues

Summer's a great source of inspiration for the home – especially travels overseas. I love the cool blues and whites in these bathroom accessories, which transport you all the way to the Greek Islands. The geometric, almost Moorish motifs will continue to be big interiors news this autumn.

Towels, from £3.99 for a hand towel; **baskets**, £20 for 2; **bath mat**, £11.99, all Santorini bathroom collection at BHS

Style it, grow it, love it!

Buy of the month

FLY ME TO THE MOON

'Well, hello!' was my first thought on seeing this super-duper garden set from George Home. The moon-shaped chair and drum-shaped, glass-topped table have a real 1960s feel, and the price is good, too.

Retro Moon **bistro set**,
£149 for table and two
chairs, George Home



GARDEN GLAMOUR

We've seen a return to glamour indoors, so why not try it outdoors? Fences and decking look amazing painted a chic colour, especially when warmed with rich metallic garden planters (you can spray old plastic pots gold). Add in bits of wow garden furniture and you're ready for the guests to arrive!

Gold **wall planters**,
£16.95 each, Mia Fleur.
For a range of exterior
wood stains, see Ronseal,
Protek and Sadolin

SIMPLE STORAGE

Good old-fashioned enamel is one of my favourite materials as it gets better with age and is so hard-wearing. It looks fantastic in kitchens and creates a nostalgic, vintage vibe (it always conjures up happy memories of camping holidays for me). These simple storage containers are top of my shopping list.

Stacking enamel storage **containers**,
£14.95 for a set of 3, Dotcomgiftshop





Gino's delicious vegetarian summer

Yes, Italian food can be meat-free and healthy as well as utterly scrumptious, as Gino D'Acampo shows with his new recipes, perfect for any time of the week. *Belissima!*



'Vegetables are a key element of Italian cuisine and that is why I wanted to create these recipes – to celebrate vegetables and make them the star attraction. These dishes are not just for vegetarians, they are for everyone. They are full of flavour, easy to prepare and good for you. So, let's go back to basics and enjoy what nature wanted us to eat. *Buon appetito!*

Summer vegetable and Asiago cheese frittata

Containing several different green vegetables, as well as new potatoes and cheese, this frittata is flavoursome, nutritious and substantial. It is best served hot, with the Asiago cheese oozing, but don't throw away any leftovers as it can also be eaten cold. If you can't find Asiago, use Brie instead. Serve with a crisp green salad.

SERVES 6

- 400g baby new potatoes, scrubbed and sliced into rounds 5mm thick
- 100g fine asparagus spears, woody ends removed and cut into 3cm lengths
- 100g broccoli, cut into small florets
- 100g frozen peas, defrosted
- 2 tablespoons olive oil
- 100g spring onions, chopped
- 2 tablespoons chopped fresh chives
- 3 tablespoons chopped fresh flat-leaf parsley
- 6 large eggs, lightly beaten
- 100g Asiago cheese, cut into small pieces
- Salt and freshly ground black pepper
- Put the potatoes in a large pan of boiling, salted water and bring back to the boil. Add the asparagus, broccoli and peas and cook

for 4 minutes or until all the vegetables are just tender. Drain well and set aside.

- Heat the oil in a 24cm heavy-based, non-stick frying pan over a medium heat. Add the spring onions and fry for 5 minutes, stirring occasionally. Add the drained veg and the herbs and fry for 2 minutes. Preheat the grill to medium high.
- Season the beaten eggs and pour them over the vegetables. Tilt the pan so that the eggs cover the bottom of the pan evenly, reduce the heat slightly and cook for 8 minutes without stirring. Remove from the heat and scatter over the Asiago. Place the pan under the hot grill for about 6 minutes or until set and golden brown.
- Remove from the grill and leave to rest in the pan for 5 minutes then turn on to a serving plate. Cut into wedges to serve. ➔



Fruity, mixed grain salad with avocado, rocket and fresh mint

Grains all require different cooking times, so making a mixed grain salad can be a bit of a faff if you prepare it from scratch. Thankfully, you can now buy cooked mixed grains that taste delicious as well as being very wholesome. The mixtures generally include wheat, bulgur wheat, red quinoa, red lentils and toasted soya flakes. Serve the salad straight away, so the avocado doesn't discolour.

SERVES 4

- 2 x 250g packets of ready-to-eat mixed grains
- 40g dried cranberries
- 50g ready-to-eat dried apricots, roughly chopped
- 3 spring onions, finely chopped
- 1 ripe avocado, halved, stoned, peeled and diced
- Juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- 8 fresh mint leaves, finely shredded
- 2 large handfuls of rocket leaves
- 200ml plain yoghurt

- 1 tablespoon white wine vinegar
- Salt and freshly ground black pepper
- Tip the mixed grains into a bowl. Stir in the cranberries, apricots, spring onions and avocado. Pour over the lemon juice and 1 tablespoon of oil, season and mix in the mint.
- Transfer the salad to a serving platter. Scatter over the rocket and drizzle over another 1 tablespoon of the oil.
- Put the yoghurt, vinegar and the remaining 1 tablespoon of oil into a small bowl, stir to combine and season with salt and pepper. Spoon over a little of the yoghurt mixture and serve the rest on the side.

Spaghetti with artichokes, radicchio, peas and white wine

Perfect for a midweek supper, this dish is quick and easy to make, and low-fat too. Radicchio is very popular in Italy, particularly in the north, where it grows mainly in the Veneto region. Prized for the rich red colour and slightly bitter flavour of its leaves, radicchio is also a rich source of vitamin K.

SERVES 4

- 8 tablespoons olive oil
- 2 red onions, peeled and finely sliced
- 3 tablespoons chopped fresh rosemary
- 12 artichoke hearts in oil, drained and quartered
- 100g frozen peas, defrosted
- 1 small head of radicchio, leaves shredded
- Salt and freshly ground black pepper
- 100ml dry white wine
- 500g dried spaghetti
- 80g Parmesan cheese shavings
- Heat the oil in a large frying pan over a medium heat. Add the onions and rosemary and fry gently for 10 minutes, stirring occasionally.
- Add the artichokes, peas and radicchio, season and fry for a further 5 minutes, stirring occasionally. Increase the heat, pour in the wine and cook for a further minute so that the alcohol can evaporate.
- Meanwhile, cook the spaghetti in a large pan of boiling, salted water until al dente. Drain well and tip it back into the same pan. Pour over the vegetables and stir to combine for about 30 seconds.
- Divide the pasta between 4 warmed serving plates and sprinkle over the Parmesan. Serve immediately. ➔

‘Perfect for a midweek supper, this dish is quick and easy to make – it’s low-fat, too’





‘I love the fact
there are so many
fresh vegetables
on this pizza, and
the combination
of hot and cold
is perfect’



TWO FAB
PIZZA IDEAS!

The best ever gluten-free pizza

I've been told that gluten-free pizzas aren't as good as pizzas made with ordinary flour, and I hope to change that with this recipe. The inspiration for the topping came from my son, who would eat avocado and tomato salad with balsamic vinegar every day if he could! I love the fact there are so many fresh, raw vegetables on it, and the combination of hot and cold – the balance is perfect.

MAKES 2

- 2 tablespoons extra virgin olive oil, plus extra for greasing
- 200g gluten-free flour
- 1 x 7g sachet fast-action (easy blend) dried yeast/teaspoon salt
- 1 tablespoon fresh thyme leaves

- Freshly ground black pepper

FOR THE TOPPING:

- 400ml passata (sieved tomatoes)
- 1 x 125g ball of mozzarella cheese, drained and cut into small pieces
- 1 ripe avocado, halved, stoned, peeled and thickly sliced
- 10 fresh yellow cherry tomatoes, halved
- 60g rocket leaves
- Balsamic glaze for drizzling

● Preheat the oven to 220°C/gas mark 7. Brush 2 baking sheets with oil. Set aside.

● Place the flour, yeast, salt, thyme and a little black pepper into a food processor and add the oil. Pulse until all the ingredients are combined. With the blades still turning, pour in enough warm water

(about 140ml) to make a soft dough.

● Tip the dough on to a floured surface and knead for 5 minutes or until smooth and elastic. Halve the dough and roll out each half directly on to the oiled baking sheets, rolling and stretching the dough to make 2 rounds about 25cm in diameter and 1 to 2cm thick. Make a small rim by pulling up the edges slightly.

● Spread the passata over each pizza base, avoiding the rim. Leave to rest at room temperature for 15 minutes.

● Scatter over the mozzarella and bake for 13 minutes. Lift each pizza on to a large plate and top with the avocado, tomatoes and rocket. Drizzle over a little balsamic glaze and serve immediately.

Pizza tray with a chargrilled pepper, olive and caper topping

Ideal for sharing, this is a large, almost focaccia-style pizza and is perfect for a night in with friends or family. I have served this as an antipasto, too, and it works well. If you have a very hungry group, it would be a good idea to make two batches of this pizza, as the slices go quickly!

SERVES 8

- 500g strong white flour, plus extra for dusting
- 1 x 7g sachet fast-action (easy blend) dried yeast
- 2 teaspoons salt
- 3 tablespoons extra virgin olive oil, plus extra for greasing

FOR THE TOPPING:

- 300g passata (sieved tomatoes)
- 290g mixed chargrilled peppers in a jar, drained and sliced
- 20 pitted Kalamata olives, drained
- 1 tablespoon capers, drained

- 2 teaspoons dried oregano
- ½ teaspoon dried chilli flakes
- 3 tablespoons extra virgin olive oil

● Place the flour in a large bowl. Add the yeast to one side of the bowl and the salt to the other. Make a well in the centre and add the oil then gradually pour in 300ml warm water and mix together using the handle of a wooden spoon.

● Knead the dough on a lightly floured surface for about 10 minutes or until soft, smooth and elastic, adding a little more flour if it's really sticky.

● Shape the dough into a round and place in a large oiled bowl. Brush the top with a little oil. Cover with cling film and leave to rise in a warm, draught-free place for about 1 hour or until doubled in size. Brush a large baking sheet with oil and set aside.

● Turn out the dough on to a lightly

floured surface, knead just 3 or 4 times to knock out the air and transfer to an oiled traybake tin measuring about 30 x 23cm. Using your fingertips, gently flatten the dough to extend to the sides (it should be about 1cm thick) and press your fingertips into the dough to create indentations. Brush over a little oil, cover with a tea towel and leave to rise again in a warm place for a further 20 minutes. Preheat the oven to 220°C/gas mark 6.

● Remove the cling film and make more indentations in the dough. Spread over the passata, leaving a 1cm border all round. Scatter over the peppers, olives and capers, and sprinkle over the oregano and chilli flakes. Drizzle the top with the oil.

● Bake for 18 minutes or until golden brown. Transfer to a wire rack to cool slightly. Cut into 8 slices and serve hot. ➔



Courgette and roasted pepper risotto with Provolone cheese

In this recipe, I use the classic combination of onions, peppers and courgettes but have added sharp, spicy cheese to give it greater piquancy – the flavours are incredible.

SERVES 4

- 100g salted butter (room temperature)
- 4 tablespoons olive oil
- 1 large red onion, peeled and finely chopped
- 4 tablespoons chopped fresh flat-leaf parsley
- 400g Arborio or Carnaroli rice
- 150ml dry white wine
- 1.3 litres hot vegetable stock
- 2 medium courgettes, cut into 1cm cubes
- 300g mixed roasted or chargrilled peppers in a jar, drained and sliced
- 80g freshly grated Provolone piccante cheese
- Salt and freshly ground black pepper

● Heat half the butter with the oil in a large, heavy-based saucepan over a medium heat until the butter has melted. Add the onion and parsley and fry gently for 5 minutes, stirring, until the onions are softened but not browned. Add the rice and stir constantly for 3 minutes or until the grains are coated and shiny.

● Pour over the wine and simmer for about 1 minute until it has evaporated. Add 2 ladlefuls of stock, bring to a simmer and stir until the stock is absorbed. Add the courgettes, then continue adding the stock in the same way, stirring and waiting for it to be absorbed before adding more.

● After about 12 minutes, stir in the peppers, then continue with the stirring and adding of the remaining stock for a further 3 minutes or until the rice is cooked but still has a slight bite. You may not need to use all the stock.

● Remove the pan from the heat and add the remaining butter with the Provolone, stirring for about 20 seconds. The risotto should not be too thick; you want it to ooze. Season and serve immediately. ➔

Baked spinach polenta with vegetable ragu

As well as spinach, this nutritious bake is packed full of other vegetables, too, and topped with an irresistible creamy, cheesy topping. I came up with this idea as I wanted to create an unusual alternative to vegetarian lasagne, and I think it fits the bill perfectly.

SERVES 4

- 225g frozen spinach, defrosted and drained
 - 600ml vegetable stock
 - 150ml full-fat milk
 - 165g quick-cook polenta
 - 5 tablespoons olive oil
 - 1 onion, peeled and finely chopped
 - 1 aubergine, cut into 1cm chunks
 - 4 courgettes (2 green, 2 yellow), cut into 1cm chunks
 - 1 teaspoon dried oregano
 - 1 x 400g tin of chopped tomatoes
 - 300ml crème fraîche
 - 100g freshly grated Parmesan cheese
 - 100g ready-grated mozzarella cheese
 - Salt and freshly ground black pepper
- Preheat the oven to 190°C/gas mark 5. Squeeze as much liquid as you can out of the spinach and roughly chop.
- Pour the stock and milk into a large saucepan and bring to the boil over a high heat. Reduce the heat to a simmer

and gradually add the polenta, whisking continually and vigorously until it starts to thicken and bubble. Simmer for 4 minutes, stirring occasionally.

● Add the spinach and heat through for 3 to 5 minutes. Season with some salt and pepper. Spoon the mixture into a baking dish measuring about 20 x 20cm. Set aside.

● Heat the oil in a large frying pan over a medium heat. Add the onion and fry gently for 5 minutes, add the aubergine and fry for 2 minutes, then the courgettes and fry for 15 minutes. Stir occasionally. Sprinkle over the oregano and pour in the chopped tomatoes. Stir and simmer for 10 minutes. Spoon the vegetables over the polenta.

● In a small bowl, combine the crème fraîche, Parmesan and a few grindings of pepper. Spoon the mixture over the vegetables and sprinkle over the mozzarella. Bake for 20 to 25 minutes or until bubbling and golden. Serve hot.





Summer vegetable stew with cheesy dumplings

Stews aren't always winter fare. Summer vegetables can make delicious, light casseroles that are ready in minutes rather than hours, and tasty dumplings turn them into substantial one-pot meals.

SERVES 4

- 3 tablespoons olive oil
- 25g salted butter
- 8 small shallots, peeled
- 1 tablespoon plain flour
- 100ml dry white wine
- 200ml hot vegetable stock
- 200ml double cream
- 1 tablespoon chopped fresh tarragon
- 200g baby carrots
- 200g baby courgettes, halved lengthways
- 130g baby leeks
- 150g asparagus spears, woody ends removed and cut into 4cm lengths
- 200g frozen peas, defrosted
- Chopped fresh flat-leaf parsley to garnish

FOR THE DUMPLINGS:

- 100g self-raising flour
- 50g salted butter (room temperature)
- 50g freshly grated Parmesan cheese
- 1 teaspoon dried oregano
- 2 tablespoons chopped fresh flat-leaf parsley
- Salt and freshly ground black pepper

First, make the dumpling mixture. Place the flour in a large bowl. Rub the butter into the flour using your fingertips until the mixture resembles fine breadcrumbs. Stir in the Parmesan, oregano and parsley and season with a little salt and lots of black pepper. Set aside.

Heat the oil and butter in a large, heavy-based saucepan over a medium heat. Add the shallots and fry gently for 5 minutes or until they start to take on some colour. Stir in the plain flour and cook for 1 minute.

Increase the heat to high and deglaze the pan with the wine. Reduce the heat slightly to medium

high and pour in the stock, stirring continuously to prevent lumps from forming. Once all the stock has been added, bring to the boil and stir in the cream, tarragon and some salt and pepper. Simmer for 2 minutes.

Meanwhile, add 2 tablespoons of cold water to the dumpling mix and bring together to form a soft but not sticky dough. You may need to add more water. Divide the dough into 4 equal-sized pieces then divide each piece into 5 and roll into small balls using floured hands. Set aside.

Add the carrots, courgettes and leeks to the saucepan and stir. Place the dumplings on top of the vegetables. Cover and cook for 10 minutes over a medium heat.

Carefully add the asparagus and peas, ensuring the dumplings do not sink into the liquid. Cover and cook for a further 5 minutes or until the vegetables are cooked and the dumplings have puffed up and are soft. Check the seasoning, garnish with the parsley, then serve.

Recipes extracted from *Gino's Veg Italia!* (Hodder & Stoughton, £20) by Gino D'Acampo, out now. © Gino D'Acampo. Photography © David Munns



In the best of TASTE

When it comes to tea, we're a picky bunch. But with the new Tetley Blend Collection, now everyone can pour the perfect cuppa

*Blend of Both is a natural source of Fluoride. Fluoride helps maintain tooth mineralisation. Enjoy as part of a healthy diet and lifestyle

From your first-of-the-day breakfast brew to afternoon tea with the girls or an evening cuppa curled up on the sofa – it's always a good time for tea. It's what our great nation was built on! But while everyone loves a great-quality cuppa, not everyone takes their tea the same. From bold and punchy, to subtle and dainty, it's all a matter of taste. Now you can enjoy tea that's perfectly suited to your preferences, with all that great Tetley flavour. With three distinct blends to choose from, there's something for everyone in the new Tetley Blend Collection. Choose from the rich, full flavour of Extra Strong, healthy green tea in Blend of Both, or delicate and

**'With 175 years of
tea-blending heritage,
Tetley knows what
makes a quality cuppa'**

discerning Kenyan Gold. Each variety comes with all the quality you'd expect from Tetley's regular black tea, and benefits from the company's 175 years of expert tea-blending history, so you can have confidence in your cuppa.

Find the new Tetley Blend Collection in supermarkets nationwide, £2.59 for 75 teabags.

HOW DO YOU BREW?

Extra Strong

A delicious blend of specially selected teas with extra Assam, to create a bold, full bodied flavour and extra taste.

Just your cup of tea if you want a pick-me-up.



Kenyan Gold

Tetley's award-winning tea has a uniquely delicate flavour. The tea leaves are hand-picked in the foothills of Mount Kenya, where the tea grows slower, creating a more intense flavour.

Just your cup of tea if you want fine flavour.



Blend of Both

A unique combination of black tea and green tea. It's been expertly created to deliver the delicious taste of Original Tetley with the benefits of green tea*.

Just your cup of tea if you're looking for an extra feel-good cuppa.



Summer stunners

You don't need bucketloads of marzipan and fiddly props to create a gorgeous cake. Simple decorations are the key to Hannah Miles's divine bakes



Gluten-free ginger & vanilla cake

Everyone will love this easy-to-make sponge filled with whipped cream.

SERVES 10

- 225g caster sugar
- 225g butter, softened
- 4 eggs
- 140g ground almonds
- 115g gluten-free self-raising flour
- 1 tsp ground ginger
- ½ tsp vanilla bean powder or 1 tsp pure vanilla extract
- a pinch of salt
- 2 tbsp buttermilk
- 4 balls stem ginger, preserved in syrup, finely chopped, plus 1 tbsp of the preserving syrup
- gluten-free icing sugar, for dusting
- edible, pesticide-free camomile flowers or daisies, to decorate

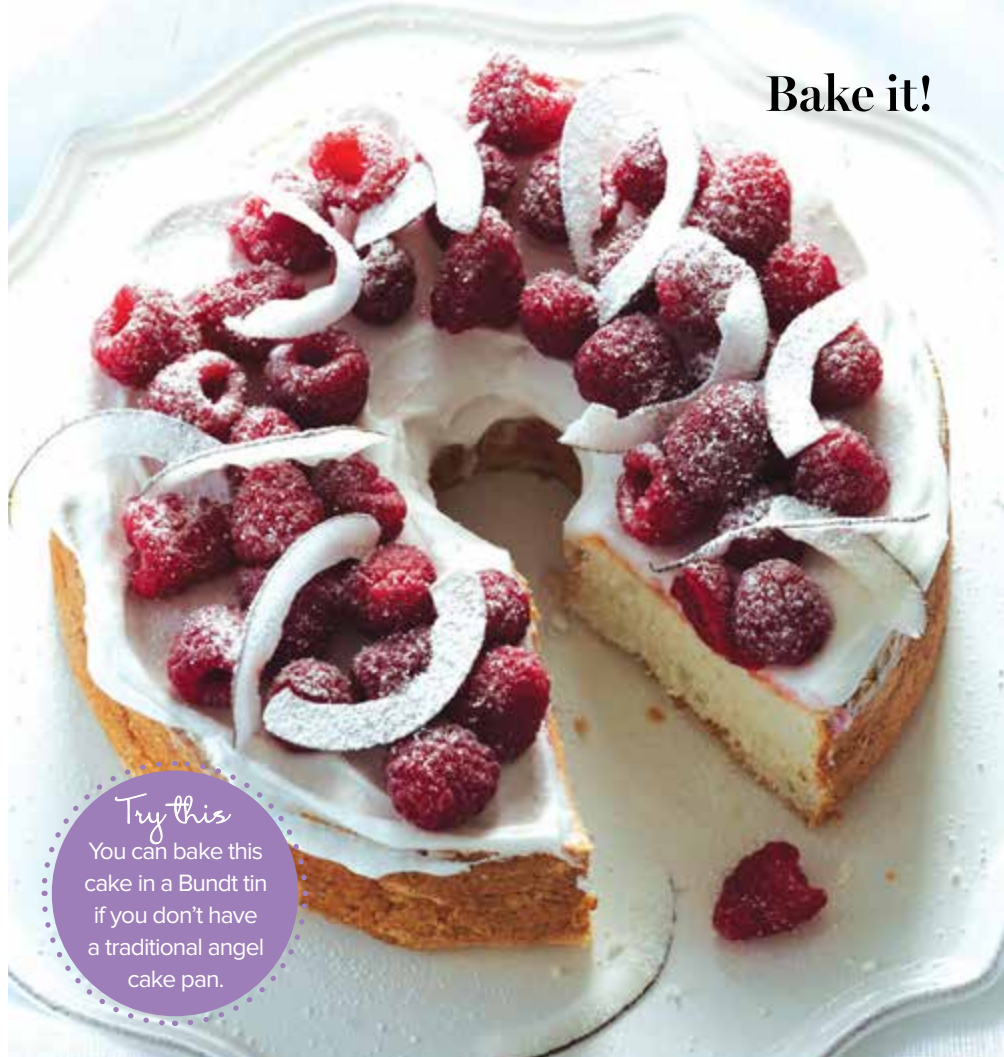
FOR THE FILLING:

- 250ml double cream
- 2 tbsp ginger syrup

YOU WILL NEED:

2 x 20cm (8in) round cake pans, greased and lined with baking parchment

- Heat oven to gas mark 4/180°C (160°C in a fan oven). To make the cake, whisk together the sugar and butter until light and creamy. Whisk in eggs one at a time, beating after each egg is added. Add the ground almonds, flour, ground ginger, vanilla and salt and whisk in. Fold in the buttermilk, chopped ginger and ginger syrup, then divide the mixture equally between the prepared cake pans. Bake in the oven for 30-40 mins, until the cakes are golden brown, spring back to the touch and a knife inserted into the centre of each cake comes out clean. Leave to cool in the pans for a few mins, then turn out on to a wire rack to cool completely.
- To serve, put the cream and ginger syrup in a mixing bowl and whisk to stiff peaks. Place one cake on a plate and top with large spoonfuls of the cream. Place the second cake on top and dust with icing sugar. Place the flowers on top and serve immediately. The flowers are edible, but best used for decoration purposes only. Never eat floral decorations unless you are certain it is safe to do so.
- This cake is best eaten on the day it's made but will keep for up to 2 days in the fridge; top with flowers just before serving.



Coconut angel cake with raspberries

Made without any egg yolks, this sponge is fat-free and perfectly white inside when you cut into it.

SERVES 8

- 140g plain flour
- 100g icing sugar
- 8 egg whites
- 100g caster sugar
- a pinch of salt
- 1 tsp cream of tartar
- 80g long, shredded, sweetened coconut or desiccated coconut

FOR THE ICING:

- 30ml coconut cream
- 150g icing sugar

TO DECORATE:

- 30g long, shredded coconut or shavings of fresh coconut
- 300g (about 3½ cups) raspberries
- icing sugar, for dusting

YOU WILL NEED:

25cm (10in) angel cake pan, greased

- Heat oven to gas mark 4/180°C (160°C in a fan oven). Sift the flour and icing sugar together and set aside. In a clean mixing bowl, whisk the egg whites to

stiff peaks. Whisk in the caster sugar, a spoonful at a time, then add the salt and cream of tartar. Fold in the flour and icing sugar mixture and the coconut, folding gently with a spatula to retain as much air in the mixture as possible. Spoon the mixture into the prepared pan and bake for 30-35 mins until the cake is golden brown, firm to the touch and a knife inserted into the centre comes out clean. Carefully slide a knife around the edges of the cake before releasing it from the pan to ensure it doesn't stick, then turn out on to a wire rack to cool completely.

- In a dry frying pan set over a low heat, toast the coconut for decoration until lightly golden brown. The coconut can burn easily, so watch it carefully and, as it starts to turn colour, tip it on to a plate immediately to prevent it cooking further in the hot pan.

- For the icing, mix together the coconut cream and icing sugar to a smooth, thick consistency. Spread over the cake, then top with the raspberries and toasted coconut; dust with icing sugar. This is best eaten on the day it's made.



YOU WILL NEED:

20cm (8in) square cake pan, greased and lined with baking parchment

- Heat oven to gas mark 4/180°C (160°C in a fan oven). Spoon the cake batter into the prepared pan and bake for 20-25 mins, until the cake is golden brown, springs back to the touch and a knife inserted into the centre comes out clean. Let cool in the pan for a few mins, then turn out on to a wire rack to cool completely.
- To make the buttercream, whisk together the icing sugar and butter until light and creamy, adding a little milk if the mixture is too stiff. Cut the cake in half horizontally using a large serrated knife. Place the bottom half on a chopping board or tray small enough to fit in the fridge. Drizzle the violet liqueur or Cointreau over the cake and spread over a layer of buttercream. Top with the second cake half and cover the top in a layer of buttercream. Chill in the fridge for 2 hrs, until the buttercream is set firm. Trim the edges of the cake, then cut into 16 even squares.
- To make the glaze, heat the fondant icing sugar in a saucepan with the violet liqueur or Cointreau and gradually add about 100ml water; the icing should be thin, runny and almost translucent.
- Spoon the warm icing over the cakes, covering each one completely. Place the covered cakes on a wire rack with foil underneath to catch the icing drips.
- Decorate the tops of the cakes with crystallised flowers or petals and dust with edible glitter for a shimmer effect, if you like. This cake will keep for up to 2 days stored in an airtight container.

Basic sponge

You can use this recipe to make the Naked fancies (pictured above) and Mini Victoria layer cakes (below).

- 115g butter, softened
- 115g caster sugar
- 2 eggs
- 115g self-raising flour, sifted
- 1 tsp baking powder
- 1 tbsp buttermilk or sour cream
- Use an electric whisk to mix the butter and caster sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated. Use batter as directed in each recipe.

Naked fancies

These fondant fancies are 'nude' with an almost translucent icing that lets you see the cake and buttercream layers below.

MAKES 16

- 1 recipe 2-egg cake batter (see left)
 - 40ml violet liqueur or Cointreau, to drizzle
 - crystallised flowers or petals, such as violets, to decorate
 - edible glitter (optional)
- FOR THE BUTTERCREAM:
- 300g icing sugar
 - 30g butter, softened
 - 1-2 tbsp milk (if needed)
- FOR THE FONDANT GLAZE:
- 280g fondant icing sugar, sifted
 - 50ml violet liqueur or Cointreau

Mini Victoria layer cakes

Who can say no to a slice of Victoria sponge! These are mini versions of the classic cake filled with cream and jam.

MAKES 8

- 1 recipe 2-egg cake batter (see above)
- 1 tsp vanilla extract
- 300ml double cream
- 4 tbsp raspberry jam
- icing sugar, for dusting
- 8 food-safe, pesticide-free mini rosebuds

YOU WILL NEED:

- 8 x 6.5cm (2½in) cake rings, greased and placed on a greased baking sheet,
- 2 piping bags fitted with large round nozzles

- Heat oven to gas mark 4/180°C (160°C in a fan oven). Fold the vanilla into the cake batter and divide the mixture equally between the prepared cake rings. You can do this either by spooning the batter in, or by putting the batter in a piping bag and piping it in neatly. Bake in the oven for 15-20 mins, until the cakes are golden brown and spring back to the touch. Leave the cakes to cool in the rings for a few mins, then remove by sliding a sharp knife around the inside of each ring. Transfer the cakes to a wire rack and leave to cool completely.
- To serve, whip the cream to stiff peaks using a whisk. Spoon the cream into the piping bag with a round nozzle. Cut each

- cake into thirds horizontally using a large serrated knife. Spoon a little jam on to the bottom third of each cake and then pipe a swirl of cream on top. Top each with the middle slice of cake and a little more jam and cream. Finish each cake with the cake top and dust with icing sugar. Pipe a little cream on the top of each cake in the middle and fix a rose in place. The flowers are for decorative purposes only and should be removed as you cut the cake. Never eat floral decorations unless you are certain it is safe to do so.
- Serve straight away or store in the fridge until you're ready to serve. These cakes are best eaten on the day they're made but will keep for up to 2 days in the fridge.

Bake it!

Try this

Use buttercream instead of fresh cream to give these Victoria layer cakes a sweeter finish.



To order your copy of Hannah's book *Naked Cakes* for the special price of £11.99 (with free UK postage and packing), call 01256 302699 and quote the reference GLR CM8.

Prima promotion

SUMMER SCOOP

Combine your fave Carte D'Or ice cream with fresh fruit for a summery sundae – delicious!

Carte D'Or Summer Sundaes

For a bright end to your meal, layer summer berries and Carte D'Or ice cream in tall sundae glasses. We used Carte D'Or Blueberry & Vanilla. Drop fresh fruit in the bottom of each glass, drizzle over a little strawberry sauce, then spoon on a layer of Carte D'Or ice cream. Repeat these layers and finish with a scoop of your favourite flavour. Top with an extra drizzle of sauce and more fresh berries, if you like.

Try this
Create a mix 'n' match feel by serving sundaes in dessert glasses in different shapes and sizes.

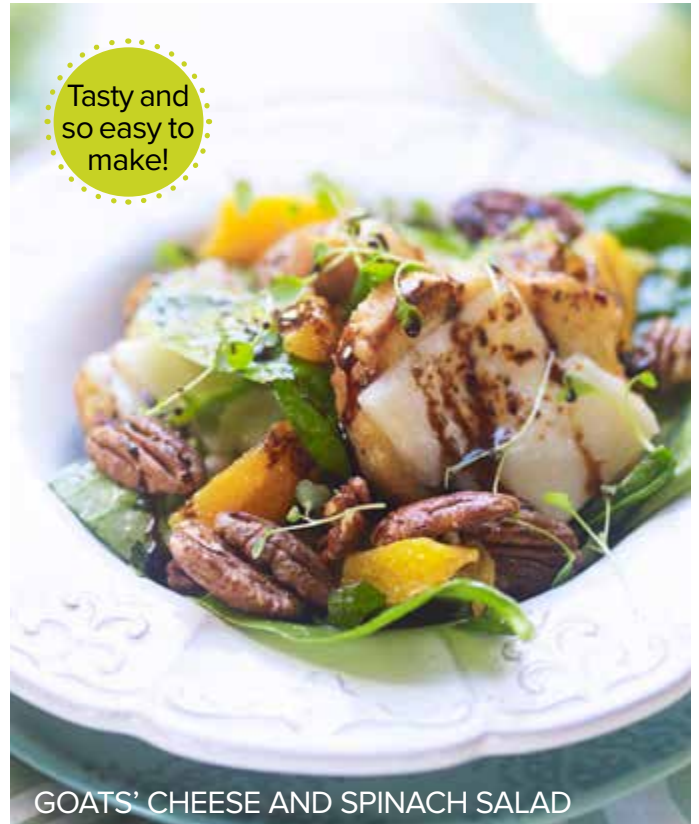


For further information on the Carte D'Or collection, including the Classic and Gelateria ranges, visit cartedorscoop.co.uk





STEAK, PEPPER AND STILTON SALAD



GOATS' CHEESE AND SPINACH SALAD

SALAD DAYS!

They're the ultimate summer fast food and these four salad recipes make great main meals – healthy, filling and utterly delicious. Enjoy!



TUNA AND BEAN SALAD



VIETNAMESE-STYLE CHICKEN SALAD

Dinners in a dash

Goats' cheese and spinach salad

SERVES 4 PREP: 10 mins COOK: 10 mins TOTAL COST: £6.03

About 8 slices of baguette
1-2tbsp olive oil
About 200g/7oz hard goats' cheese, sliced
Handful of pecans
1tsp sugar
250g bag spinach leaves
2 or 3 oranges, segmented
Salad cress leaves, to garnish (optional)

FOR THE DRESSING:

3tbsp extra virgin olive oil
1tbsp balsamic vinegar
1tsp mustard
Pinch of sugar, to taste (optional)

1 For the dressing, mix all the ingredients, season and put aside.
2 Heat grill to hot, brush bread slices with olive oil, then sit them on a baking sheet. Put in oven to toast one side, turn and top other side with goats' cheese. Return under the grill for one or two mins until cheese is melted.



3 Meanwhile, add pecan nuts to a small frying pan with sugar and cook for a few mins until nuts are coated and caramelised (be careful not to burn); remove and put aside. In a large bowl, add a little of the dressing, then throw in the leaves and toss to coat. Top with orange segments, nuts and goats' cheese toasties and garnish with salad cress leaves, if using. Serve with rest of the dressing on the side.

PER SERVING: KCALS 436;
FAT 19g; SAT FAT 3.5g; CARBS 55g

TRY THIS... Instead of making the dressing, use a ready-made pomegranate dressing – delish!

Steak, pepper and Stilton salad

SERVES 4 PREP: 10 mins COOK: 20 mins TOTAL COST: £11.23

3 red peppers, halved, deseeded and cut into chunky pieces
About 2-3tbsp olive oil
2 x 225g/8oz fillet steaks
Large handful of cherry tomatoes
400g/14oz Swiss chard leaves
Drizzle of extra virgin olive oil
About 125g/4oz of Stilton, or other blue cheese, crumbled
Basil leaves, to garnish (optional)

FOR THE SALSA VERDE:

2 large handfuls of fresh flat-leaf parsley, leaves only
Large handful of basil leaves (reserve some to garnish)
About 6-8tbsp extra virgin olive oil
2-3tbsp red wine vinegar
6 anchovies in oil
2tsp capers
2tsp grainy mustard

1 For the salsa verde, add all ingredients to a food processor and blitz. Season, then transfer to a bowl. Toss peppers with half



the oil and season. Heat a griddle pan to hot, add peppers and cook for a few mins each side until slightly charred. Remove and put aside.

2 Oil steaks with rest of the oil, season then add to hot pan. Leave for 3 mins, turn and cook other side for 3 more mins (or to your liking). Remove steaks and put aside (when ready to serve, slice across the grain). In a large bowl, add tomatoes, chard leaves, steak and peppers and toss gently, with a drizzle of oil.

3 Transfer to a serving bowl, top with Stilton, dot with salsa verde and garnish with basil, if using.
PER SERVING: KCALS 580;
FAT 44g; SAT FAT 14g; CARBS 11g

Vietnamese-style chicken salad

SERVES 4 PREP: 10 mins COOK: 20 mins TOTAL COST: £9.24

4 chicken breasts, skin removed
Half of a 400ml can coconut milk
2 heads of baby cos lettuce, leaves separated and trimmed
Handful of spring onions, chopped
200g pack mushrooms, sliced
Handful of coriander leaves
Lime halves, to serve

FOR THE DRESSING:

1tsp sesame oil
2tsp soy sauce
2tbsp rice vinegar
Juice of ½ lime, to taste
5cm/2in piece of fresh ginger, peeled and finely sliced
Pinch of chilli flakes
Pinch of sugar, to taste

1 For the dressing, mix all the ingredients, season and taste. Add more lime juice or sugar, if you like. Put to one side.

2 Add chicken to a pan and pour over the coconut milk (if there's not enough to cover, top up with



a little cold water). Season, then cook on a gentle simmer with lid ajar for about 20 mins or until chicken is cooked through (poke with a sharp knife, if juices run clear, it's ready). Remove the chicken when cooked and, when it's cool enough to handle, shred it. Put aside.

3 In a large bowl, add lettuce, spring onions, mushrooms and half the coriander and toss with a little of the dressing. Transfer to a serving dish and top with chicken, a little more dressing and the remaining coriander. Serve with lime halves.

PER SERVING: KCALS 225;
FAT 11g; SAT FAT 8.5g; CARBS 2.6g

Tuna and bean salad

SERVES 4 PREP: 10 mins COOK: 15 mins TOTAL COST: £15.08

3 tuna steaks
2tbsp olive oil
200g pack green beans, trimmed
420g can cannellini beans, drained and rinsed

½ red onion, peeled, finely sliced
2 avocados, halved, stoned, skinned and chopped
1 red chilli, deseeded, chopped
Zest and juice of 1 orange
Handful of fresh flat-leaf parsley, leaves only, chopped
400g bag mixed salad leaves

FOR THE DRESSING:

3tbsp extra virgin olive oil
1tbsp red wine vinegar
Pinch of sugar (optional)
1tsp Dijon mustard

1 For the dressing, mix all the ingredients, season and put aside.

2 Brush tuna steaks with oil, season, then heat a griddle pan to hot. Add tuna and cook for 3 or 4 mins. Turn and cook the other



side for 3 or 4 mins (or to your liking). When ready, remove and allow to rest for 10 mins. Slice across the grain and put aside.

3 Cook green beans in a pan of boiling, salted water for 4 mins. Drain, refresh in cold water, chop and put aside. In a bowl, mix the cannellini beans, onion, avocado, chilli, orange zest and juice, parsley and cooled green beans.

4 Toss salad leaves with a little dressing and add to bean mixture. Season, add half the tuna and combine gently. Transfer to a serving bowl and top with the remaining tuna.

PER SERVING: KCALS 519;
FAT 35g; SAT FAT 7g; CARBS 16g





Let's eat out!

This time of year is about enjoying fresh, seasonal food outside – and what a selection we have! Savour succulent scallops and sea bass, as they're at their best for taste and price. Plump, juicy tomatoes are full of aromatic flavour, while cobnuts, apricots and globe artichokes are all so tasty right now, too. Scatter cobnuts over a goats' cheese salad or roast with apricots and stem ginger. And simply add warm lemony butter to cooked globe artichokes for a heavenly lunch or supper.



Crack open the bubbly!

Al fresco dining requires some bubbles – and pink ones at that! This Italian pink Prosecco delivers a crisp, sharp fizz with gloriously fruity flavours. Plus, it's not too sweet, so you can sip it throughout a barbecue, garden party or just because the sun's out!

• La Gioiosa Rosea, £9.99 for 75cl, Morrisons



My favourite natural yoghurts...

Enjoy at breakfast or lunch, or as a dessert!

① **Nomadic Labneh, Lebanese Style Yoghurt** (£1.99 for 350g, Tesco). A wonderfully thick and tangy savoury yoghurt. Best with hot pitta and roasted red peppers for an easy lunch.



② **Co Yo natural Coconut Milk Yoghurt** (£1.99 for 125g, Waitrose and Ocado). Delicious dairy-free yoghurt with a silky smooth texture and a subtle coconut flavour. Enjoy straight from the pot for dessert!



③ **Arla Skyr Icelandic Style Simply Natural Yoghurt** (£1.69 for 450g, Asda). Thick and creamy yoghurt that's high in protein and calcium. Serve with fruit for breakfast.



Cook it, eat it, love it!



PARTY TIME

If you love food and music, The Big Feastival should be in your diary. It's run by Alex James and Jamie Oliver, and you can watch top chefs do their thing, listen to cool music and dig into delicious food. Sounds like one hell of a party! Go for the day or camp and make a weekend of it. Tickets start at £47.25 (free for under 12s). 28 to 30 August; jamieoliver.com/thebigfeastival

BOOK OF THE MONTH

Indian Kitchen by Maunika Gowardhan (Hodder & Stoughton, £25)

I've been so inspired by this book and am planning what spicy feast to cook, from the Kerala chicken curry to a Bengali-style prawn curry, with flatbreads stuffed with spiced potato on the side. It's a collection of four generations of family cooking, cleverly divided into sections such as 'hungry' for quick curries, 'lazy', 'indulgent' and 'celebratory' for food to share with friends.



Making life simple for the modern woman

Subscribe to the digital edition of Prima magazine for instant access to advice on how to look and feel your best, time and money saving solutions, quick and easy food, beautiful homes and gardens, and above all everything you need to get the most out of life.



Download on the
App Store

SUBSCRIBE NOW ON THE APPLE NEWSSTAND

GREAT REASONS TO GET DIGITAL!



Now you can enjoy your favourite magazine wherever and whenever you want. With our digital editions for iPad and iPhone, you can stay up to date even when you are on the move! Go digital today and benefit from:

- Searchable content across all your downloaded issues
- Choice of viewing mode to make reading as easy as possible
- Instant access to the latest issue even when you're away from home
- Interactive content with live links to websites, emails and phone numbers

Now on **EVEN** more devices!





PRIMA'S FABULOUS CRAFT MAGAZINE WITH CREATE AND CRAFT



★
ONLY
£12.99

★
PLUS
3 FREE GIFTS
WORTH
£21.97

ON SALE NOW!

Available from createandcraft.tv and exclusive to WHSmith

GET MAKING!

MAKE IT ★ SEW IT ★ KNIT IT ★ GIVE IT ★ LOVE IT



SEE OVER THE PAGE FOR OUR FAB 12-PAGE MAKES SECTION ➔

EXCLUSIVE PATTERN

Call charges apply

MAKE YOUR HOLIDAY HERO

Cover up in a kaftan
or keep your cool in
a simple tube dress
– the short version can
also be worn as a skirt

Not too
tricky!

Swap flats for heels and add
some sparkly earrings to take
you from the beach to the bar.

Rings, £15, Accessorize.

Bag, £8, Primark.

Shoes, £30, 3-9, Next

Make sure a
breezy kaftan
is top of your
holiday packing
list – it's the
perfect poolside
cover-up and
looks chic with
trousers for
the evening.

Swimsuit, £24.99,
10-28, Bonprix.

Sunglasses, £10,
South Beach.

Sliders, £28,
3-9, Next

For where to buy, see page 168



Feature: Janet Palmer Photos: Andy Parsons at Hearst Studios
Styling: Helen Johnson Hair & make-up: Anna Durston Illustrations: Terry Evans

Get making!

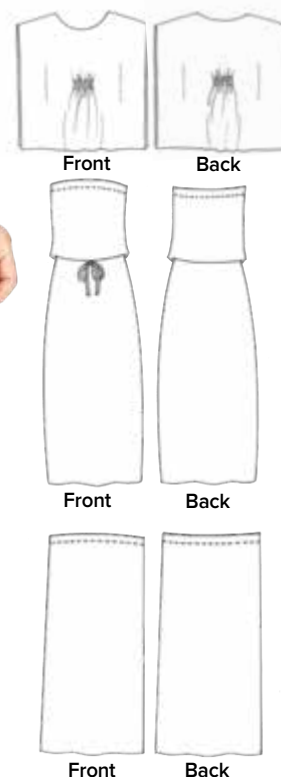
NEED TO KNOW

WOMEN'S SIZES 10-20

The kaftan has a wide-scoop neckline and waist gathers. You could omit the gathers for a looser fit. The short dress is a simple tube, elasticated at the top and can be worn as a long skirt. The long dress has an elasticated waist and decorative waist tie.

FABRIC Choose fine, soft fabrics that drape well for the kaftan, such as cotton voile, viscose or polyester. We used polyester jersey. For the dress, only jersey fabrics are suitable. We used cotton/Lycra jersey. All fabrics are from Cloth House.

INSTRUCTIONS The pattern pieces, cutting layouts and sewing instructions are all included on the Prima pattern.



Dress up with sparkly sandals for night-time glam, or dress down with a straw bag and trilby for a spot of daytime sight-seeing.

Bracelets, £8, Accessorize.

Shoes, £39, 3-8, Faith

Your dress will double up as a beach-gorgeous skirt – just add sunshine!

Bikini, £35, 8-18,

Phase Eight.

Hat, £19,

Accessorize

TO ORDER THIS MONTH'S EXCLUSIVE PRIMA PATTERN,

call 0906 344 6852* (or, from the Republic of Ireland, 1560 716 142*).

If you're a subscriber and have opted in, the Prima pattern will be included FREE every month with your copy of Prima.

*You must be over 18 to call. Calls from BT landlines cost £1.50 per minute plus your telephone company's network access charge (ROI €1.28 per minute) and should last no longer than two minutes. Network charges may vary. UK SP: Spoke, 0333 202 3390. ROI SP: Phonovation/Spoke, 014378815. Lines close midnight, 31 August 2015. PLEASE ALLOW 28 DAYS FOR DELIVERY.

LISA COMFORT

Want a new use for an old sheet?
Turn it into a beach-ready kaftan

COOL KAFTAN

This is one of my favourite customising projects as it is such an amazing transformation. You could use any old sheet you have at home, or buy a new one for a few pounds and transform it into something fab for your summer holiday!



THE KIT

- A double sheet
- Iron
- Pins
- Tape measure
- Pen or chalk
- Ruler
- Scissors
- Saucer
- Sewing machine
- Needle, thread
- About 2m of narrow ribbon
- About 1m of wide ribbon

BEFORE YOU START

To get the correct neckline size, you will need to measure yourself at various points. Put on a tight fitting T-shirt and take the following measurements...

Width of neckline: from the nape of your neck to the point you want the neckline to come out to. Subtract 1cm from

this measurement for the seam allowance.

Depth of neckline: from the shoulder seam on your T-shirt to the point you want the neckline to come down to. Subtract 1cm from this measurement for the seam allowance.

Bust height: from the shoulder seam on your T-shirt to the most protruding point of your bust.

CUSTOMISES IT!

THE STEPS

1 I used a fitted sheet, so I started by ripping the sheet along all sides to remove the elasticated corners. Give the sheet a good iron.

2 Fold in half from top to bottom, then again from side to side to find the centre point; mark with a pin. Open back out so it's just folded once, from top to bottom.



3 To create the front neckline shape, measure the width of the neckline with the pin as the centre point. Mark with the pen. Then, measure down from this point to get the depth of neckline. (This should be at a right angle from the top folded edge.) Connect the points with a ruler to create the square neckline.

4 For the back neckline, measure down 2cm from the pin. Draw a curve to the points that mark the width of the neckline on the front.



5 Cut out the neckline. At the corners, cut 1cm diagonal snips. This is so that you can iron over the raw edge to finish the neckline.

6 Decide on the length of your kaftan sleeves by either slipping the sheet over your head or by taking a measurement from an existing top. Trim the sheet down as necessary.

7 Lay the sheet flat on a table with the folded edge at the top. Measure down from the fold, to get your bust height measurement, and mark with pins in a line. This pin line separates the sleeve from the body of the kaftan.

8 To decide on the width of your kaftan, lay a similar shaped top on your sheet to get an idea. Then, start pinning in the side seams. They must be at a right angle to the sleeve pin line. You can then try on the kaftan to check you are happy with the size. Adjust as necessary.



9 To make the underarm easier to sew and more comfortable to wear, draw in a curve at the corner. Use a saucer as a template.

10 Now, sew along the sleeve and side seam pin lines with a straight stitch, following the curved line at the underarm corner.

11 Trim away the excess sheet, leaving just a 1cm seam allowance by the seams. To prevent fraying, use a zigzag stitch or cut with pinking shears. Then, turn the kaftan the right way around.

Get making!

‘This is such an amazing transformation and it’s a great top to take on your summer holiday’

Want to see a step-by-step video of Lisa making this kaftan? Just visit prima.co.uk/kaftan now!

newly pressed edge. Edgestitch in place along both ribbon edges.



- 14 Cut another length of ribbon for the bottom of the neckline. It must extend over the stitch ribbon by 5mm at either side. Pin this in place, tucking under the ends by 5mm so that there are no raw edges of ribbon showing. Stitch in place as before.
- 15 Repeat the same process for the back neckline edge.
- 16 For the sleeves, cut one length that measures the circumference of the sleeve hem, plus 1cm for overlap. Pin and stitch in place as you did for the neckline, tucking under 5mm at the end and overlapping the ends so no raw edge is showing.



- 17 For the hem, I used a wide patterned ribbon and followed the same method as I did for the sleeve. Just make sure you pin the ribbon at the top and bottom edge to help keep it in place while you are stitching. You may then need to hand-stitch the overlap down in the middle of the ribbon.



- 12 To prep the neckline edges for the ribbon, iron 1cm along all edges. Repeat for the sleeve and kaftan hem.



- 13 Cut a length of ribbon for each side of the neckline. Pin them on, aligning the ribbon edge with the

COASTAL CREATIONS

Add some seaside charm to your summer with these nautical-inspired makes



SHIP SHAPE

Tie your napkins with sweet sailboats in nautical colours

YOU WILL NEED

- Air-dry modelling clay
- Rolling pin
- Pencil
- Stencil card
- Scissors
- Drinking straw
- Paint and brush
- String

TO MAKE

① Roll out the clay until it is 2-3mm thick. Draw sailboat shapes on to the stencil card and use to cut out the shapes in the clay. Use the drinking straw to make a small hole in the top of each boat. Leave the clay shapes to dry according to the manufacturer's instructions.

② Paint the clay shapes in blue and white paint and leave to dry completely. Thread a length of string through the hole and tie it around a napkin to finish.

DAS modelling clay, £3.92 for 500g, Amazon. Stencil card, £4.35; acrylic paint, from £1.50, both Hobbycraft

SHELLING OUT

These seashore stencils will bring a simple gingham table runner to life

YOU WILL NEED

- Gingham fabric
- White linen fabric
- Craft knife
- Stencils
- Tape
- Stencil brush
- Fabric paint
- Iron
- Sewing machine
- Thread

TO MAKE

① Cut a strip of gingham fabric 50cm wide and 60cm longer than your table. Cut two lengths of white linen measuring 50cm x 20cm. Gently pull away the threads on the long edges of the white linen to create a fringe.

② Use ready-made shell stencils, or you can draw your own on to stencil card, if you like. Lay the white fabric on a protected flat surface and tape your stencils in place. Paint the stencil motifs along both lengths of white linen. When dry, fix the fabric paint by ironing.

③ Tack the white linen to the bottom of each length of the runner, approximately 20cm from the edge, and topstitch in place using a sewing machine. Turn the edges of the gingham fabric towards the wrong side, folding twice to cover the raw fabric edges, and tack in place on all four sides. Topstitch in place to finish.

Chambray gingham, from £18, Laura Ashley. Stencil TP10, £17.25; blue fabric paint, from £5.85; stencil brush, from £3.25, all The Stencil Library. White linen, £4.99 per m, Amazon

Easy
make

Get making!

Try this

You could also make matching cushions by creating square panels and sewing them on to a cushion cover.

Afternoon
project

TO DYE FOR

Give a new lease of life to well-worn tops and shoes, in the colours of the sea

YOU WILL NEED

- Fabric dye for hand use
- String
- Salt
- Scissors
- Cotton T-shirt and plimsolls
- Bucket
- Broom

TO MAKE

FOR THE T-SHIRT:

- 1 Follow the manufacturer's instructions on the pack to prepare the dye. It will tell you how much salt to add.
- 2 Take a clean, dry T-shirt and lay it on a flat surface. Cut three lengths of string. To create the circles, pinch a small amount of fabric from the centre of the front of the T-shirt and tie a piece of string around it tightly. The dye won't be able to penetrate the string so this area will remain white. Tie two more pieces of string equal distances apart to create three concentric white circles on the front. Wet the T-shirt before immersing in the dye. Once it has reached the desired colour, rinse clear.
- 3 Carefully remove the string, and hang the T-shirt to dry. Remember to hand-wash the shirt for the first few times. This method of dyeing is not precise – you'll create a unique pattern every time.

FOR THE PLIMSOLLS:

- 1 Remove the laces. Immerse the plimsolls about a third of the way into the dye, toes down. To do this, tie them to a broom handle across the bucket. After about 20 mins, immerse the plimsolls by another third. Leave for a further 20 mins.
- 2 Remove the plimsolls from the dye and rinse until water is clear. Dry on a flat surface, but make sure it's not in direct sunlight.

Fabric dye for hand use in ocean blue, £3.39, Dylon



Try this
For horizontal tie-dye lines, simply roll your T-shirt from left to right and tie along the length in equal spaces.

Not too tricky!

FALLING STARS

Brighten up an outdoors space with a cascade of painted seaside shapes

YOU WILL NEED

- 1 shell
- Drill
- Air-dry modelling clay
- Rolling pin
- Starfish cookie cutter
- Drinking straw
- Kitchen roll
- Blue paint
- Paintbrush
- String
- 2 dried blue pointer starfish
- Hot glue gun
- Scissors
- Blue/white
- butcher's twine

TO MAKE

- 1 Drill a hole in the top of the shell using a fine drill bit.
- 2 Roll out the clay to 2-3mm thick. Cut out two starfish shapes with the cookie cutter. Use the straw to make a hole for the twine. Lay the shapes on kitchen roll to dry completely (it may take a couple of days). Once dry, paint the shapes blue.
- 3 Leaving an end for a hanging loop, wrap string around the top of one of the pointer starfish about eight times, then wrap it around the second pointer starfish about eight times. Secure the ends of the string at the back of the starfish with a blob of hot glue.
- 4 Cut a 15cm piece of string and tie through the hole in the shell. Loop around the top starfish once and glue the string at the back of the starfish.
- 5 Cut two 30cm lengths of the butcher's twine and thread through the holes in the two clay starfish. Join both lengths of twine together with one starfish hanging below the other and wrap the twine around the top pointer starfish several times. Use the hot glue gun to secure the twine at the back of the starfish.

Starfish, from £1.25 each, Dorset Gifts. Super spray paint, £6.95 for 400ml, Plasti-kote. Starfish cookie cutter, £1.74, Cakes, Cookies & Crafts



Easy
make

Know-how
Check that your starfish supplier is reputable and only uses starfish that have been washed ashore.

Health and beauty

Look good, feel good

LOOK YOUNGER LONGER™ Regentiv's The Specialist Serum (With Retinol)



Reviewed as "one of skincare's best kept secrets". A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand as it does so much. Lines, wrinkles, crepey eyes, crows feet, lip lines, acne-scarring, open pores, sun and

skin damage, uneven pigmentation.

Our customers say, "My skin has never been better".

The Specialist Serum can be exclusively yours within 24 hours. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149, FREE P&P.

Tel. 01923 212555. REGENTIV PO BOX 400, Herts, WD17 3ZW or www.regentiv.co.uk



MASON PEARSON

Mason Pearson have been making hairbrushes for over 125 years. These come with tufts of either pure bristle, bristle and nylon, or all nylon, and are available from good department stores and chemists and cost from £26.50 to £123.00.

For a free brochure and haircare leaflet, write to Mason Pearson Brothers, Dept 18, 37 Old Bond Street, London W1S 4AB, or call 020 7491 2613.



SARESS® The Ultimate Beach Dress £10.99

Say goodbye to the awkward sarong, it's simple to slip on, uses no knots or ties just a loop at two corners so you slip it around your back, thread opposite arms through for an elegant flattering beach dress in seconds – it's sensational! Slimming, cool and comfortable. Nineteen designs, five sizes, two lengths. Brochure: 01902 750657. www.saress.com As seen on TV.



KRILL OIL – THE NEW SUPER OMEGA 3

Omega 3 in Krill Oil is in a unique phospholipid structure which research now suggests is far superior to fish oil omega 3 when delivered to the body for maximum omega health benefits. Krill Oil also provides astaxanthin a highly respected antioxidant and also choline beneficial for brain and memory function. Silvertown Health Krill Oil is eco-harvested to protect nature in the pristine clear waters of the Antarctic. RRP £24.95, Reader Offer £16.97. (60 capsules up to two months supply).

Free home spa facial masque with first order. This offer can be withdrawn at anytime.

Online order/ more info –

www.silvertownhealth.co.uk

or Tel 24 Hour Order Line –

0845 0956 903.



NEW NOVISYN+ WORKS TO KEEP YOU MOVING

Our tried and tested Novisyn has just got better. New Novisyn+ still includes 17mg of pure Hyaluronic Acid but now also has added Vitamin C, nature's powerful healer! Together they create a science led formula that contributes daily to normal collagen formation for the normal function of cartilage, or in other words helping to maintain healthy joints. Introduce new Novisyn+ into your health and beauty regime and literally feel the difference. 7000 Facebook followers and growing. Try Novisyn+ today with our Prima offer. Add three boxes to your cart and get the third free. Use code Prima342.

www.novisyn.co.uk or call us on 01480 869456.

TAKE CONTROL OF EMBARRASING LEAKS

Make stress incontinence a thing of the past.

The PelvicToner™ is a highly effective toning device specifically designed to help strengthen pelvic floor muscles.

Quick and simple – easy to use and so effective you'll see results within days.

Clinically proven – as good as the NHS Gold Standard and NICE approved.

Low cost – available online for just £29.99 or on prescription, the ONLY pelvic toner available through your GP.

To find out more or to buy a Pelvic Toner™, visit pelvictoner.co.uk 0117 974 3534



Get making!

WEAR & WOW TOPS

You'll be a summer stunner whether you wear our fab sweater on cool evenings or our multi-coloured crochet top on warmer days...

prima
exclusive

TURN THE PAGE FOR FULL INSTRUCTIONS 

SUNDOWNER SWEATER

This colourful knit is the perfect cover-up for summer evenings.

MEASUREMENTS

To fit bust 81-86(92-97:102-107:112-117)cm
Finished measurements: Bust
97(109:121:133)cm; Length to back neck
62(64:66:68)cm; Sleeve length 45cm
for all sizes.

MATERIALS

15(16:17:18) 50g Debbie Bliss cotton dk
in Fuchsia 58.
Pair each of 3.25mm and 4mm knitting
needles.
3mm, 3.25mm and 4mm circular needles,
60cm long.
Call 01535 664222 for yarn stockists.

TENSION

20 sts and 28 rows to 10cm square over
st-st using 4mm needles.

ABBREVIATIONS

beg beginning; **cm** centimetres; **cont**
continue; **dec** decrease; **fol** following; **inc**
increase; **k** knit; **m1** make one st by picking
up and working into back of loop lying
between st just worked and next st; **p** purl;
rem remaining; **rep** repeat; **skpo** slip 1, k1,
pass slipped st over; **st(s)** stitch(es); **st-st**
stocking stitch; **tog** together.

BACK

With 3.25mm needles, cast on
111(123:135:147) sts. **Moss st row** K1, [p1, k1]
to end. Moss st a further 21 rows and dec
one st at centre of last row. 110(122:134:146)
sts. ** Change to 4mm needles. Beg with
a k row, work in st-st. Work 10 rows. **Dec**
row (right side) K6, skpo, k to last 8 sts,
k2tog, k6. Work 13 rows. Rep the last
14 rows 4 times more, then the dec row
again. 98(110:122:134) sts. Cont straight
until back measures 39(40:40:41)cm from
cast on edge, ending with a p row.

Shape raglans

Cast off 4(6:8:10) sts at beg of next 2
rows. 90(98:106:114) sts. **Dec row** K2,
skpo, k to last 4 sts, k2tog, k2. **2nd row**
P to end. **3rd row** K to end. **4th row** P
to end. Rep the last 4 rows 3(2:1:0) times
more. 82(92:102:112) sts. **Dec row** K2,
skpo, k to last 4 sts, k2tog, k2. **Next**
row P to end. Rep the last 2 rows
15(19:23:27) times and the dec row
again. 48(50:52:54) sts. **Next row**

P2tog, p to last 2 sts, p2tog. Leave these
46(48:50:52) sts on a spare needle.

FRONT

First side of welt

With 3.25mm needles, cast on 27(31:35:39)
sts. **Moss st row** K1, [p1, k1] to end. Work
a further 20 rows. Leave these sts on
a spare needle.

Second side of welt

With 3.25mm needles, cast on
84(92:100:108) sts. **1st moss st row** (right
side) [P1, k1] to end. **2nd moss st row**
[K1, p1] to end. Work a further 19 rows.
Next row Moss st 83(91:99:107), p last st
together with first st of first half, moss st
to end. 110(122:134:146) sts. Work as given
for Back from ** to end, but work the
raglan dec rows as follows: **Dec row**
K10, skpo, k to last 12 sts, k2tog, k10.

SLEEVES

With 3.25mm needles, cast on 45(49:53:57)
sts. Work 20 rows in moss st as given
for Back. Change to 4mm needles. Beg
with a k row, work in st-st. Work 10(16:6:2)
rows. **Inc row** K3, m1, k to last 3 sts,
m1, k3. Work 9(7:7:7) rows. Rep the last
10(8:8:8) rows 8(9:10:11) times and the inc
row again. 65(71:77:83) sts. Work straight
until sleeve measures 45cm from cast on
edge, ending with a p row.

Shape raglan top

Cast off 4(6:8:10) sts at beg of next 2 rows.
57(59:61:63) sts. **Dec row** K2, skpo, k to
last 4 sts, k2tog, k2. **2nd row** P to end. **3rd**
row K to end. **4th row** P to end. Rep the
last 4 rows 6(7:8:9) times more. 43 sts. **Dec**
row K2, skpo, k to last 4 sts, k2tog, k2.
Next row P to end. Rep the last 2 rows 9
times and the dec row again. 21 sts. **Next**
row P2tog, p to last 2 sts, p2tog. Leave
these 19 sts on a spare needle.

NECKBAND

With right side facing and 4mm circular
needle, slip first k23(24:25:26) sts onto
needle, join on yarn, k next 23(24:25:26)
sts, k19 sts from left sleeve, 46(48:50:52)
sts from back neck, 19 sts from right
sleeve, then first 23(24:25:26) sts
on circular needle, place a marker.
130(134:138:142) sts. **1st round** (RS) [K1,
p1] to marker, turn and work backwards
and forwards in moss st rows as follows:
1st moss st row (WS) [P1, k1] to marker,
turn. **2nd moss st row** [K1, p1] to end, turn.
Work a further 3 rows. Change to 3.25mm
circular needle. Work a further 4 rows.
Change to 3mm circular needle. Work
a further 3 rows. Cast off in moss st.

TO MAKE UP

Using mattress st and taking a half stitch
from each edge, join raglan seams,
then join side and sleeve seams.



CROCHET TOP

Use your
skills

Slip this fab crochet top over a nude vest for the ultimate in relaxed summer styling – so cool!

MEASUREMENTS

To fit bust 81-86(91-97:102-117:122-127)cm.
Finished measurements: Bust 85(102:119:136)
cm; Length 59(62:65:68)cm.

MATERIALS

Two 50g balls of Rowan Revive in each of Rock 465 (A), Pearl 479 (C) and Shale 481 (E). 2(2:2:3) 50g balls of Rowan Pure Linen in Sahara 389 (B) and two 50g balls in Arizona 395 (D).
4mm crochet hook.
Call 01484 681881 for yarn and stockist details.

TENSION

2 patt reps to 11.5cm and 2 patt reps (8 rows)
to 8.5cm over patt using 4mm crochet hook.

CROCHET ABBREVIATIONS

BD 4 ch, without turning work, miss last 6 dc and work a ss back into next (7th) dc, now work 6 dc into ch-sp just formed; **BHBD** turn, 2 ch, miss last 2 dc and work 1 tr into next dc (first dc of row), turn, 1 ch (does NOT count as st), 1 dc into top of tr just worked, 2 dc into ch-sp formed before tr; **cm** centimetres; **ch** chain; **ch-sp** chain space; **cont** continue; **dc** double crochet; **dc2tog** [insert hook as indicated, yoh and draw loop through] twice, yoh and draw through all 3 loops on hook; **EHBD** 5 ch, without turning work, miss last 3 dc and work a ss back into next (4th) dc, now work 3 dc into ch-sp just formed; **patt** pattern; **rem** remaining; **rep** repeat; **RS** right side; **sp(s)** space(s); **ss** slip stitch; **st(s)** stitch(es); **tr** treble; **WS** wrong side; **yoh** yarn over hook.

STRIPE SEQUENCE

Work in 2 rows stripes of A, B, C, D, E, B, A, D, C, B, E, D. These 24 rows **form** the colour sequence and are repeated.



TURN THE PAGE FOR FULL INSTRUCTIONS



Get making!

RIGHT FRONT AND BACK (worked sideways, beg at centre front)

With 4mm crochet hook and yarn A, make 109(114:119:124)ch.

1st and 3rd sizes only

1st row (WS) 1dc into 14th ch from hook, * 5ch, miss 4ch, 1tr into next ch **, 5ch, miss 4ch, 1dc into next ch; rep from * to end, ending last rep at **, turn. 10(-:11:-) patt repeats. Now work in patt as follows: **2nd row** 1ch (does NOT count as a st), 1dc into tr at base of 1ch, * 6dc into next ch-sp, 1dc into next dc, [3dc, BD and 3dc] into next ch-sp, 1dc into next tr; rep from * to end, working last dc into 6th ch after last dc of previous row, turn. Change to B. **3rd row** 1ch (does NOT count as a st), 1dc into first dc, * 5ch, 1tr into centre dc of next BD, 5ch, 1dc into dc directly above tr 2 rows below; rep from * to end, turn. **4th row** 1ch (does NOT count as a st), 1dc into first dc, [3dc, BHBD and 3dc] into first ch-sp, * 1dc into next tr, 6dc into next ch-sp, 1dc into next dc **, [3dc, BD and 3dc] into next ch-sp; rep from * to end, ending last rep at **, EHBD, turn. Change to C. **5th row** 8ch (counts as 1tr and 5ch), * 1dc into dc directly above tr 2 rows below, 5ch **, 1tr into centre dc of next BD, 5ch, rep from * to end, ending last rep at **, 1tr into last dc, turn.

2nd and 4th sizes only

1st row (WS) 1dc into 14th ch from hook, * 5ch, miss 4ch, 1tr into next ch, 5ch, miss 4ch, 1dc into next ch; rep from * to end, turn. -(10½:-:11½) patt repeats. Now work in patt as follows: **2nd row** 1ch (does NOT count as a st), 1dc into first dc, [3dc, BHBD and 3dc] into first ch-sp, * 1dc into next tr **, 6dc into next ch-sp, 1dc into next dc, [3dc, BD and 3dc] into next ch-sp; rep from * to end, ending last rep at **, working last dc into 6th ch after last dc of previous row, turn. Change to B. **3rd row** 1ch (does NOT count as a st), 1dc into first dc, * 5ch, 1tr into centre dc of next BD **, 5ch, 1dc into dc directly above tr 2 rows below; rep from * to end, ending last rep at **, working last tr into last dc, turn. **4th row** 1ch (does NOT count as a st), 1dc into tr at base of 1ch, * 6dc into next ch-sp, 1dc into next dc **, [3dc, BD and 3dc] into next ch-sp, 1dc into next tr; rep from * to end, ending last rep at **, EHBD, turn. Change to C. **5th row** 8ch (counts as 1tr and 5ch), * 1dc into dc directly above tr 2 rows below **, 5ch, 1tr into centre dc of next BD, 5ch; rep from * to end, ending last rep at **, working last dc into first dc of previous row, turn.

All sizes

2nd to 5th rows **form** the patt and are repeated in colour sequence. Keeping colour sequence correct, patt a further 15(19:23:27)

rows, ending after 2 rows in B(D:B:D), patt row 4 and with **WS** facing for next row.

Shape armhole

Slip working loop onto a holder. Counting back from end of last row worked, place a marker on the centre dc of the BD at the end of the 6th rep – 6 reps at hem edge below this marker, and 4(4½:5:5½) reps above this marker (for armhole). With **WS** facing and 4mm hook, attach yarn E(A:C:E) to marked dc, make 40(45:50:55)ch and fasten off – this ch forms foundation ch for back armhole edge. Slip working loop back onto crochet hook and, keeping patt and stripes correct, cont as follows: **Next row** (WS) Patt first 6 patt repeats, ending with a tr into same dc as where length of ch was attached, [5ch, miss 4ch, 1dc into next ch, 5ch, miss 4ch, 1tr into next ch] 4(4:5:5) times, [5ch, miss 4ch, 1dc into next ch] 0(1:0:1) times. 10(10½:11:11½) patt reps. Keeping stripes correct, cont in patt as before across all sts for a further 19(23:27:31) rows, ending after 4th patt row. Fasten off.

LEFT FRONT AND BACK (worked sideways, beg at centre front)

Mark point along foundation ch edge of right front and back at base of tr at end of 6th patt rep up from lower edge – 4(4½:5:5½) reps above this marker (for front neck). With **RS** facing, 4mm crochet hook and yarn A, attach yarn to this marked point and make 48(46:58:56)ch. Working first 4(4½:5:5½) patt reps into this length of ch and rem 6 patt reps into other side of right front and back foundation ch (so sections are joined along lower 6 patt repeats), cont as follows:

1st and 3rd sizes only

Work 1st row as given for right front and back. 10(-:11:-) patt repeats.

2nd and 4th sizes only

1st row (WS) 1dc into 2nd ch from hook, * 5ch, miss 4ch, 1tr into next ch **, 5ch, miss 4ch, 1dc into next ch; rep from * to end, ending last rep at **, turn. -(10½:-:11½) patt repeats.

All sizes

This row **sets** the position of patt as given for left front and back. Keeping patt correct as now set and beg with 2nd stripe sequence row, work in patt and stripes for a further 19(23:27:31) rows, ending after 2 rows in B(D:B:D) and with **WS** facing for next row. Fasten off.

Shape armhole

Counting up from beg of last row worked, place a marker on the centre dc of the BD at the end of the 6th rep – 6 reps at hem edge below this marker, and 4(4½:5:5½) reps above this marker (for armhole). With **RS** facing and 4mm hook, attach

yarn E(A:C:E) to marked dc and make 48(46:58:56)ch. Keeping patt and stripes correct, cont as follows:

1st and 3rd sizes only

Next row (WS) 1dc into 14th ch from hook, [5ch, miss 4ch, 1tr into next ch, 5ch, miss 4ch, 1dc into next ch] 3(-:4:-) times, 5ch, miss 4ch, 1tr into st where yarn was attached, patt rem 6 patt reps, turn. 10(-:11:-) patt repeats.

2nd and 4th sizes only

Next row (WS) 1dc into 2nd ch from hook, [5ch, miss 4ch, 1tr into next ch, 5ch, miss 4ch, 1dc into next ch] -(4:-:5) times, working dc at end of last rep into st where yarn was attached, patt rem 6 patt repeats, turn. -(10½:-:11½) patt repeats.

Both sizes

Keeping stripes correct, cont in patt as before across all sts for a further 19(23:27:31) rows, ending after 4th patt row. Fasten off.

TO MAKE UP

Join centre back seam as follows: Holding both sections with **RS** together and with top of last rows matching, attach yarn used for last row of each section to lower edge. Now working through corresponding sts of both sections (so they are joined to form centre back seam), work 1dc into first dc of last row, [4ch, 1dc into dc directly above tr of last-but-one row, 4ch, 1dc into centre dc of next BD] 6 times. Fasten off.

Shoulder edgings and seams (both alike)

With **RS** facing and 4mm hook, attach A to armhole end of left front shoulder seam edge, 1ch (does NOT count as a st), then work 20(24:28:32)dc evenly across row-end shoulder edge – this is 2dc into each **pair** of row-end edges, turn. **Next row** (WS) 1ch (does NOT count as a st), [dc2tog] 10(12:14:16) times. Fasten off. Working shoulder edging across left back shoulder seam edge in same way **BUT do NOT** fasten off. Now, holding back and front with **RS** together, join shoulder seam by working one row of dc through the dc of last row of **both** shoulder edgings. Fasten off. Join right shoulder seam by making edgings and joining them in same way.

Shoulder ties (make 2)

With 4mm hook and A, make a length of ch approx 57-60cm long and fasten off. Beg and ending at armhole edge, thread this length of ch in and out of sts of last row of shoulder edgings, working down one side and then back up along other side of shoulder seam. Pull up tie to gather edge and tie ends in place.

• Taken from *Rowan Knitting and Crochet Magazine* 57, £12.95



Get creative with Prima's deputy editor Sue McNeill



CRAFTY KIDS

With the school holidays upon us, why not keep the children busy with some creative gems? I love this pastel pink easel (left), while the arts and crafts set (above) will provide hours of fun! It comes in a lovely storage box that can be placed on a shelf like a book. Open the box to find backgrounds, stencils, stamps and more.

Easel, £60; **paper roll**, £10; **non-spill paint pots**, £8; **arts and crafts set**, £15, all Great Little Trading Company

Dates for your diary

8/9 August

Sandringham Food Festival, Sandringham Estate, Norfolk;
sandringhamfoodfestival.co.uk/crafts

15/16 August

Knebworth Country Show, Knebworth House, Hertfordshire;
knebworthhouse.com/event/knebworth-country-show

28-31 August

Chilterns Craft & Design Show, Stonor Park, Henley-on-Thames, Oxfordshire;
thecraftshows.co.uk/henley-on-thames



KNIT FOR A QUEEN!

These lovely baby knits have a touch of royalty about them and are so cute. With 30 easy to follow patterns to choose from in gorgeous pastel yarns, there's a knit for all abilities.

Very British Baby Knits, £12.99, Search Press

Sew it, make it, love it!

SEW BEAUTIFUL

This Liberty print sewing machine has inspired me to start stitching again! And it's definitely too pretty to hide away.

Theodora sewing machine, £195, Liberty



PERFECT MAKES

Exclusive to Create and Craft, this exciting new Spellbinders Sapphire die-cutting and embossing machine is suitable for crafters of every ability, from beginners to advanced. And Create and Craft has two machines to give away, worth £39.99 each!



To enter, send your name and address on a postcard to: Marketing At Create and Craft/Prima, Ideal Home House, Newark Road, Peterborough PE1 5WG. The first two selected at random after the closing date of 10 August 2015 will be sent a machine.

STRING TRIO

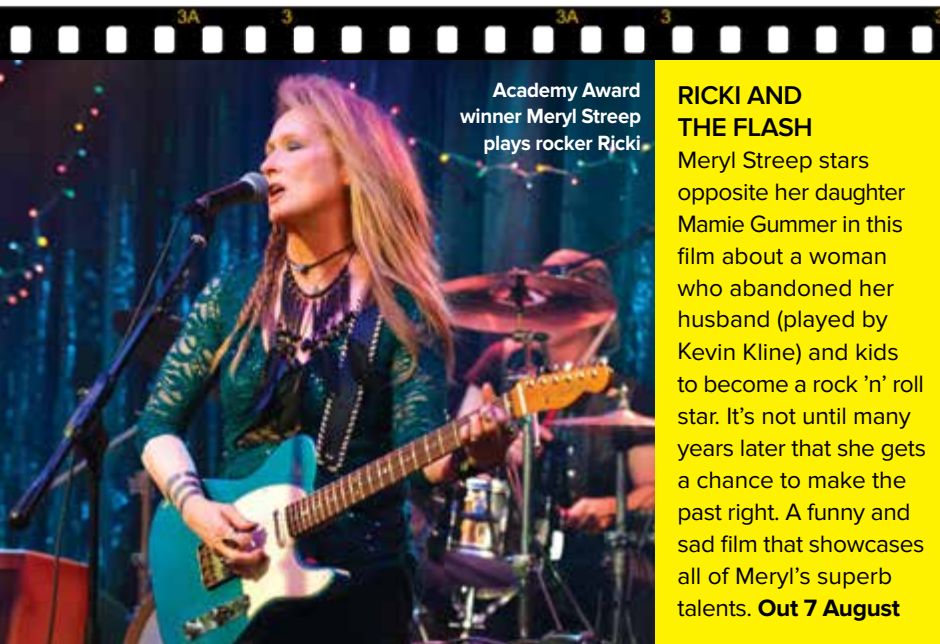
No longer confined to the garden, jute string has become a craft staple. Use as an alternative to ribbon for your gift wrapping, or stitch and glue to fabric and paper when making cards or textile projects. £3.10 for 5m; just call 01453 883581 or email groves@stockistenquiries.co.uk.



• Your time off & time out

THIS MONTH'S BEST TV, FILMS, LIVE SHOWS AND MORE

An evening out at the movies



Academy Award winner Meryl Streep plays rocker Ricki

RICKI AND THE FLASH

Meryl Streep stars opposite her daughter Mamie Gummer in this film about a woman who abandoned her husband (played by Kevin Kline) and kids to become a rock 'n' roll star. It's not until many years later that she gets a chance to make the past right. A funny and sad film that showcases all of Meryl's superb talents. **Out 7 August**

MISSION: IMPOSSIBLE – ROGUE NATION

Tom Cruise returns as Ethan Hunt in this fifth instalment of one of the biggest franchises in the industry. He may now be 53, but he still likes to perform his own stunts, which, if the four previous *Mission: Impossible* films are anything to go by, will include car chases and Cruise on the back of a speeding motorbike being hotly pursued by the enemy. Who cares about the plot, Cruise still looks good in his leather jacket! **Out 30 July**

INSIDE OUT

The animation wizards at Pixar, who brought us *Toy Story*, *Up* and *Brave*, deliver another delight that will enthrall kids and grown-ups alike. When 11-year-old Riley is uprooted from her happy childhood in Minnesota to move to San Francisco, her emotions run riot. Each feeling – anger, disgust, fear, joy and sadness – is portrayed as a character living inside her head, trying to guide her through scary new territory. Brilliantly inventive. **Out 24 July**

THE MAN FROM U.N.C.L.E.

The characters Napoleon Solo and Illya Kuryakin were household names in the 1960s, when the US TV show this film is based on originally aired. Henry Cavill (as in *Superman*) is the top CIA agent on a joint mission with a KGB operative (played by Armie Hammer) and the duo attempt to take down a crime organisation with ties to the Nazis. It's directed by Guy Ritchie and you'll need to keep your eyes peeled to spot Hugh Grant. **Out 14 August**

Book up now!



BREAKFAST AT TIFFANY'S Book ahead if you want to see Pixie Lott's debut role as Holly Golightly, a part made famous by Audrey Hepburn in the 1961 film. It starts at the Theatre Royal Haymarket in the West

End next summer, and the pop princess, who wowed us on *Strictly Come Dancing*, will star for a 12-week run. *From 30 June 2016; trh.co.uk*



MICHAEL PALIN: THE THIRTY YEARS TOUR

Actor and comedian Michael Palin is touring from September to coincide with the publication of the third and final volume of his diaries. The show includes memories of

his private life, career and beyond. Expect it to be chock-full of humour and humanity.

For tickets, go to ticketmaster.co.uk



JOOLS HOLLAND

Jools Holland and his fabulous Rhythm and Blues Orchestra are touring with special guest KT Tunstall this autumn and winter, taking in venues around the country. Guaranteed to be an

entertaining, toe-tapping night out. Tickets sell fast for good reason, so book before they're gone! *From 23 October; joolsholland.com*



Our cover star Tamzin Outhwaite and Nicholas Lyndhurst in *New Tricks*

What's on TV

NEW TRICKS BBC ONE

The Met's Unsolved Crime squad is headed up once more by our gorgeous cover star Tamzin Outhwaite as DCI Sasha Miller. This is the explosive 12th and final series of the show and it's leaving on a high with a catalogue of gripping cases, including one in which one of the squad's own team is implicated.



Paul Hollywood and Mary Berry are back!

THE GREAT BRITISH BAKE OFF BBC ONE

Clear your diaries and reach for your pinnies, as the show that inspires us to get baking is back for a new series. Paul Hollywood and Mary Berry will be testing the talents of amateur bakers, with a total of 30 new challenges. On your marks, get set... BAKE!

PARTNERS IN CRIME BBC ONE

Married sleuths Tommy (David Walliams) and Tuppence (Jessica Raine) may not be as famous as Agatha



Jessica Raine and David Walliams: partners in crime

Christie's other detectives – Poirot and Miss Marple – but this handsome, watchable and gently funny, six-part drama may change that.

BBQ CHAMP ITV

The stakes (or perhaps that should be steaks!) are high in this new summertime series, which pits 10 barbecue enthusiasts against each other for a £25,000 prize. Myleene Klass presents, while *Man v. Food*'s Adam Richman and restaurateur Mark Blatchford judge the competition. It's a long way from the charred sausages and overdone burgers that are the staple fare of most British barbecues. Let's hope the weather holds out.

A BRIEF ENCOUNTER WITH

Rupert Penry-Jones

We loved Rupert, 44, in *Spooks*, *Silk* and *Whitechapel* – and now he's back in BBC drama *Life in Squares*. Rupert lives in Hampshire with his actress wife Dervla Kirwan and their two kids



Your character – bisexual artist Duncan Grant – is very different from any others that you've played. Is that deliberate?

I love what I've been doing in the last few years, but nobody becomes an actor to play the same roles all the time. In this drama, I'm playing a posh guy (so no change there!), but Duncan lives much more inside his head and there's nothing of the action man about him, which was refreshing.

You filmed at Charleston, the Sussex farmhouse where the Bloomsbury Group retreated from London.

Was it inspirational to be there?

Yes it was, because the history of that group is etched, literally, on the walls. They didn't just paint canvases, they also decorated furniture and fireplaces, and used broken china to make beautiful mosaics. It was inspirational from an acting point of view and it also made me want to go home and fashion a lampshade out of a colander! That was the sort of quirky, brilliant thing they did all the time.

Some of your roles, like Adam Carter in *Spooks*, have been physical. Do you have a daredevil streak yourself?

Before I was married and had kids, I used to have a motorbike. Giving it up seemed the right thing to do, but when we moved to the country, I bought myself a big BMW K13 bike to make the journey into London quicker. That said, the worst accident I've ever had was in 2010 in a friendly training game for Soccer Aid. I took a tumble and

managed to badly fracture my knee. It took me a long time to recover.

Do you feel a lot of pressure to stay looking fit and healthy?

I do try to look after myself. I have a gym at home, and cycle and swim. I eat healthily and use a moisturiser, although I couldn't tell you which one!

Has marriage to Dervla made a difference to your life?

Well, I do feel that a lot of things in my life fell into place after meeting Dervla. I have had so many blessings. She's like a lucky mascot. You just rub her belly and get all this good luck!

Has fatherhood changed you?

Having children is good for actors because they stop self-obsession. I've gone from wanting to film in as many countries as possible to wanting to stay in England where my family is, do some solid work and put my children through school. My priorities changed overnight.

You and Dervla have busy careers.

How do you divide childcare?

It's on a first-come first-served basis! If one of us gets a job that's really good, the other steps in. We don't like to both be away at the same time, but we do have somebody who helps us out when we need it.

Do you finally feel relaxed about your career?

No, not at all! I feel as though I could fall off the perch at any point. But then you have to stay hungry as an actor. I don't think I'll ever stop wanting to achieve more. It's the fuel that keeps you going.



Dervla and Rupert have been married for eight years

Take it away



Books editor Cathy Rentzenbrink recommends her best books to get stuck into on this year's holiday

Three summer reads you can dip into by the pool...



SUMMER AT SHELL COTTAGE

by Lucy Diamond

(Pan, £7.99)

Olivia, Freya and Harriet all hope that a

seaside holiday in Devon will be full of fun on the beach with barbecues and cocktails galore. But there are surprises in store, too. **Out now**



SUMMER AT TIFFANY'S

by Karen Swan

(Pan, £7.99)

With a Tiffany ring on her finger, Cassie

heads to the dunes of North Cornwall to plan her wedding. She knows she loves Henry, so why is it so difficult to set a date? **Out now**



A CORNISH STRANGER

by Liz Fenwick

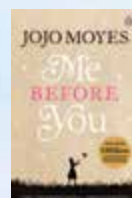
(Orion, £7.99)

Gabriella moves to Frenchman's Creek

to look after her artist grandmother. When a stranger arrives with a painting he's been bequeathed, a story of betrayal emerges. **Out now**



Three tear-jerkers...



ME BEFORE YOU

by Jojo Moyes

(Michael Joseph, £7.99)

When Lou gets a job looking after Will, she doesn't expect to bond with her patient. This brilliantly moving novel is worth a read – and it's currently being made into a film. **Out now**

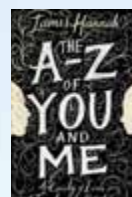


BLACK RABBIT HALL

by Eve Chase

(Michael Joseph, £12.99)

When bride-to-be Lorna first sees Black Rabbit Hall, a grand but dilapidated house, she knows she wants it for her wedding venue. But why does it feel so strangely familiar? **Out now**



THE A-Z OF YOU AND ME

by James Hannah

(Doubleday, £14.99)

Ivo lies in a hospital bed. He's refused all visitors and keeps thinking back to the love of his life and how he lost her. **Out now**

Three thrillers full of twists and turns...



FIRST ONE MISSING

by Tammy Cohen

(Doubleday, £14.99)

A distraught mother joins a support group for parents of murdered children. She doesn't think life can get worse... or can it? **Out now**



IN A DARK, DARK WOOD

by Ruth Ware

(Harvill Secker, £12.99)

Nora hasn't seen Clare for years, but out of the blue, she's invited to her hen do. But maybe Nora's not as forgiving as Clare thinks... **Out 30 July**



THE GIRLS

by Lisa Jewell

(Century, £12.99)

The dark secrets at the heart of a close community are revealed when 13-year-old Grace is found unconscious in the garden square. **Out now**

Three journeys into the past...



WATCH THE LADY

by Elizabeth Fremantle

(Michael Joseph, £14.99) Married to one man and in love

with another, legendary beauty Lady Penelope must navigate the perils of the court of Elizabeth I and try to keep her brother out of prison. A top class read. **Out now**



THE BOOK OF LOST & FOUND

by Lucy Foley

(Harper, £7.99)

A sweepingly romantic love story that starts in an English country house in 1928, moves to Paris as the Second World War engulfs Europe and ends up in 1980s London. Beautifully written, yet heartbreaking. **Out now**



EARLY ONE MORNING

by Virginia Bailey (Virago, £12.99)

In Rome in 1943, Chiara Ravello is watching Nazi soldiers round up Jewish inhabitants of the ghetto when she catches the eye of a young mother who pushes her small boy towards her. A powerfully moving tale of war's reverberations. **Out 23 July**

Three gripping true stories...



THE UMBRIAN THURSDAY NIGHT SUPPER CLUB

by Marlena de Blasi (Hutchinson, £16.99)

Every Thursday evening, five friends come together to eat supper, drink wine and chat. Life, love, struggles and feuds are all on the menu, along with cherished recipes handed down through generations. **Out now**



A FISH SUPPER AND A CHIPPY SMILE

by Hilda Kemp (Orion, £6.99)

A lovely, nostalgic portrait of a strong woman in a vanished world. Hilda grew up in London's slums and was at the heart of 1950s and 1960s Bermondsey, serving up fish, chips and sympathy to all her customers. **Out now**



DEAD BABIES AND SEASIDE TOWNS

by Alice Jolly (Unbound, £14.99)

There are lots of ways to make a baby in the 21st century... A compelling, funny and often dark memoir about how the author turned to surrogacy to have a second child. Profits from the book are being donated to a children's charity. **Out now**



5 QUESTIONS WE ASKED... JOJO MOYES

Did you always want to be a writer?

No – despite the fact that I've always written stories, it didn't seem like a valid career choice (plus, I actually wanted to be a blacksmith). It was only after I'd been a journalist for a few years that it occurred to me I could make a living from fiction.

What would you say are the best and worst things about the life of a writer?

The worst thing is being alone, both in your room and in your head. And being on set recently (we're filming the adaptation of *Me Before You*) has made me realise how much I miss working with other people. The best thing is the sense of possibility. I love walking up the stairs to my office knowing that I could take my characters anywhere.

Who or what inspires you?

It varies from day to day. Mostly it's watching creative people I admire, who tend to be very positive, very focused and who really care about creating the best work possible.

Can you tell us about your daily routine?

With three children, numerous animals and a promotional schedule, my routine is always changing! Some days I get the kids on to the school bus and go straight to the office, others I write on planes or in train stations. All I can say for certain is that when I'm writing, I write every day.

What advice would you give to someone who wants to start writing?

If I had £1 for every person who had told me they wanted to write a book but didn't have the time, I'd be on *The Sunday Times* Rich List! Just do it. Get up half an hour earlier every day, set yourself a target of a few hundred words and just show up at your desk. You can't edit an empty page...

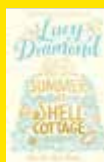
• *Me Before You* is out now in paperback (Michael Joseph, £7.99). Jojo's next book, *After You*, will be out on 24 September (Michael Joseph, £20)

Join Prima's online book club!



You could be one of 75 lucky readers to review a novel each month and share your thoughts.

Sign up to be in with the chance of winning this month's book, *Summer at Shell Cottage* by Lucy Diamond – and you'll get 40% off Pan Macmillan books. prima.co.uk/bookclub





The new online
product review site...



...that knows which freezer
won't melt the ice-cream
if there's a power cut.



Start your £1 trial now

Put GHI to the test: call 01858 438413 or visit
goodhousekeeping.co.uk/institute/primaug



This offer is valid for new subscribers only, when paying by direct debit only. At the end of your 30 day trial, your subscription will continue automatically at the rate specified in the offer unless you tell us otherwise during your trial. For full offer details and full terms and conditions visit www.hearstmagazines.co.uk/gh/1GH10655.

'The year I became an author!'

Meet **Rachel Dove**, the winner of our competition to become Mills & Boon's next writing star!

The dream prize for any budding author is the chance to see your book published. So, it was no surprise that when we launched our Flirty Fiction competition in January to find a sparkling new writer for the world's largest romance publisher, Mills & Boon, we were inundated with entries.

The judges spent hours poring over the manuscripts and found the standard to be extremely high. Finally, they reached their verdict: Rachel Dove, with her fabulously flirty entry, *The chic boutique on Baker Street*. They loved her story about a woman who gives up her job as a city lawyer to run a craft shop in a small village. There, she falls in love with the handsome vet, who owns the dog grooming parlour next door.

'Elegant and lively,' enthused Prima's books editor Cathy Rentzenbrink; 'Fun, warm, really relatable character,' said Mills & Boon editor Anna Bagley, while Prima's editor Gaby Huddart loved the 'sparky heroine and gorgeous setting'.

Along with a £500 cash prize, Rachel will work with Mills & Boon editors to complete her book so it's ready to hit the shelves next year. But, until then, turn the page for a sneak peek of her winning first chapter.

Thank you to everyone who entered. You never know, next time, it could be you...



'My childhood dream has come true!'

Now Rachel Dove, 33, from Wakefield, Yorkshire, can't wait for her novel to be published

'As a child, I was a complete bookworm; people used to joke that I was like Matilda, the Roald Dahl character. The only request on my Christmas list was for more books!

I began to write as well as read, filling notebooks with ideas. This carried on even after I married Peter, 31, and had my two boys Jayden, seven, and Nathan, six.

It helps that I'm a bit of a night owl, as juggling writing and my job teaching adults about special needs education in schools means that it's not unusual to find me still sitting at my computer at 6am.

I've always loved romance novels, especially Jane Austen, and am a sucker for a romcom film, too, so I tried my hand at writing a love story, *Crossing Lifelines*. I sent manuscripts to publishers and, although I was rejected, I received good feedback, which spurred me on to try self publishing. I was pleased to sell a few hundred copies, but I never gave up on the idea of being picked up by a publisher.

Then, when I read in Prima about the Flirty Fiction competition, I leapt at the opportunity – I just needed an idea.

Peter had just opened up a sunbed shop next to a dog grooming parlour. Helping him out, an idea for a romance between two owners began to form in my mind.

Once I had the idea, it didn't take long to write and, after I'd sent it, I put it out of my mind. So, when I received a call from Prima's editor Gaby saying I'd won, I jumped out of my skin with surprise!

I'm thrilled to have been chosen. Being published by a company as prestigious as Mills & Boon is such an honour. It really is my childhood dream come true!





The chic boutique on Baker Street

In her first chapter, Rachel Dove – the winner of our Mills & Boon Flirty Fiction competition – introduces heroine Amanda, who has fled London with a broken heart and no job. Here, her new life running a craft shop has just begun...

Amanda stared up at the dark wood beam, pondering whether a strip of pale yellow taffeta ribbon would be robust enough as a makeshift noose. She almost giggled out loud as she thought of the whispers that would reverberate around the small town.

'Yes, ribbon, I tell you! Yes, she had only lived there a month! And the knot was ever so neat, too, and the ends had been cut with pinking shears! Oh yes, it was an ever-so-pretty death!'

She shook her brunette head, banishing the futile thoughts that entered her mind several times daily, and was just clearing the workspace of her new venture, when she heard the shutter from next door's shop go up. The metallic clang reminded her that they had left their A-board out on the pavement the night before. She picked it up on her way to the front entrance. 'New Lease of Life' had only been open for a week, and her

next door neighbour 'Shampooched' had not been the ideal business colleague. The 20-year-old, pink-haired rock enthusiast who worked there was not the friendliest person Amanda had ever encountered, but she didn't want to make waves, being new to town and living above the shop and all. She took a deep breath and walked backwards into the shop, clasping the heavy A-board to her as best she could.

'Hey Tracy, you seem to have left this out... er, again... so...'
Amanda was blocked from walking or talking any further by a wall. Squeaking in surprise, she promptly dropped the A-board on her foot, this morning clad in soft green ballet pumps, of all things. 'Owww, son of a b-'

She was well on the way to the concrete tiled floor, and a bruised bum to boot, when the wall moved and caught



her in its grasp. Her words caught in her throat as she gazed up into a pair of steely grey eyes. She found herself smiling despite her embarrassment.

'I am so sorry, are you okay?'

The man was staring at her with a mixture of concern and amusement on his features. Amanda's eyes flitted from his eyes to his full bow lips, and travelled down to his tanned, muscular neck, and his chest, which was encased in a simple black T-shirt. She loved watching the lips move; luscious, pink, full lips, an occasional peek of white tooth peeping out. The movements stopped and Amanda frowned, disappointed. It was then she realised that the lips were attached to an actual person, a person who was waiting for an answer to whatever question these lips had formed.

And you are still not talking Amanda, get it together! She tore herself away, ignoring the lush brown head of hair sat atop of the lips, and plumped to look at the floor, a neutral Switzerland move to recompose herself.

What is wrong with you?

A voice, soft and cracking with what Amanda thought might be suppressed laughter, broke through the awkward silence.

'I said, "Did you hit your head?"'

Amanda shook her head.

'Er.....no, no, just bumped a little. Sorry!'

Looking down at her right shoe, she saw crimson staining the

green canvas of her pump, from a gash at the top of her foot.

'I'm Ben. Stay there a sec, I'll get a chair and the first aid kit.'

Amanda nodded mutely, feeling a little cheated that the moment had passed, and more than a little embarrassed.

Seriously woman, you used to command the attention of courtrooms – a bloke in a shop trips you up and you lose it!

Ben was back now, bringing with him a black fold-up chair and large green first aid kit. Amanda kept her eyes on the floor, but could just make out his long lithe legs, encased in smart black jeans and brown docker boots. He settled her on to the chair, offering himself as a prop to support her getting off the floor. Her cheeks flushed as she felt his arm muscles flex under his T-shirt, and her nostrils twitched with the scent of his heavenly cologne. She literally had to stop herself from burying her head into his neck there and then.

'So,' Ben started as he knelt before her, opening his kit. 'You've just opened next door, right?'

Amanda nodded, grateful for the small talk.

'Er, yes, that's right, Amanda Perry. Do you work with Tracy?'

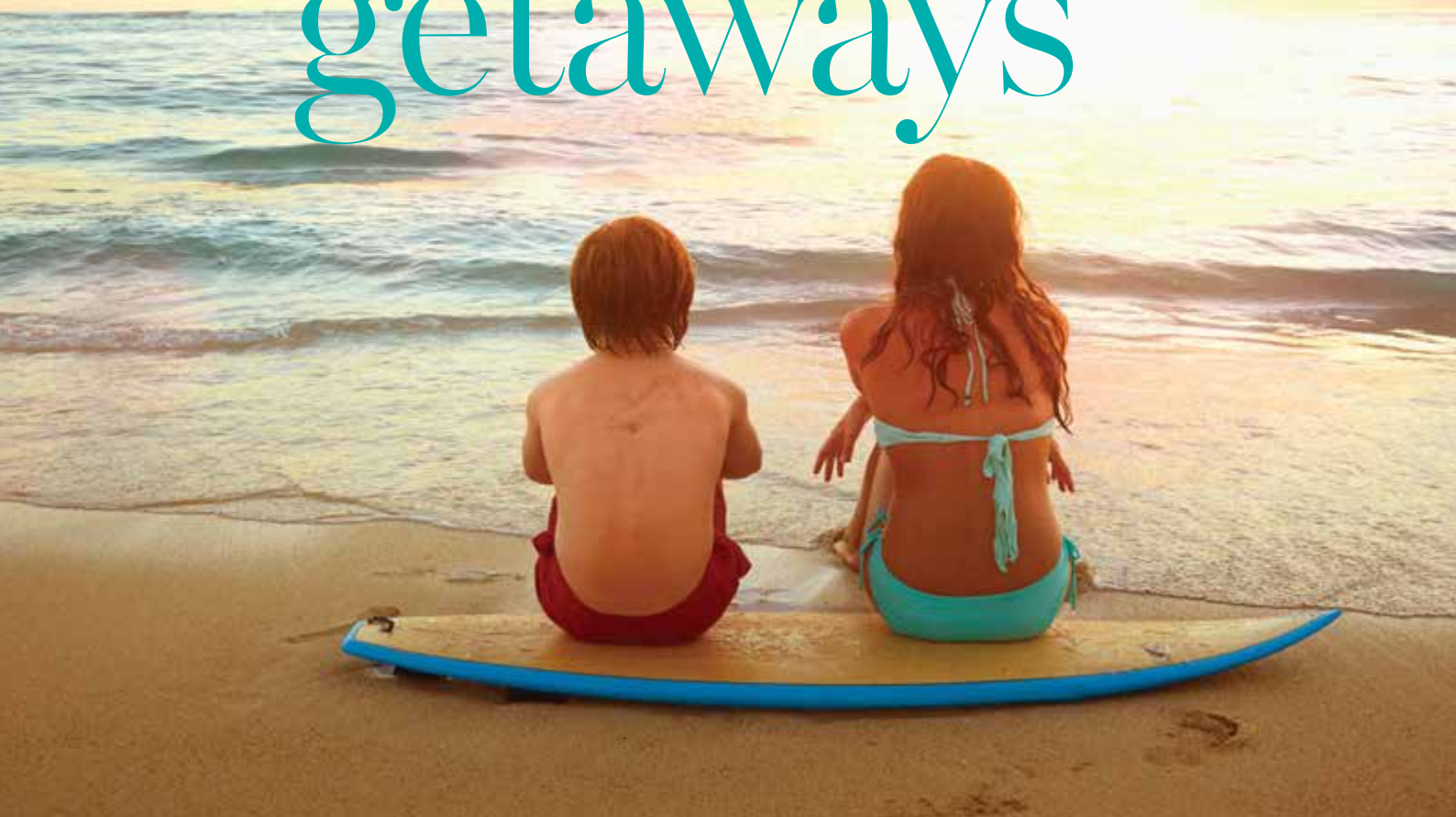
The mention of her name reminded Amanda that the goth girl was now nowhere to be seen, and she was grateful for her absence. She figured he couldn't be a customer, as he had no dog in tow, and he seemed to know his way around.

Please don't be her boyfriend, she thought to herself.

TO BE CONTINUED...

NEW IDEAS FOR family getaways

Looking for last-minute inspiration for an affordable summer holiday that the whole family will enjoy? We have it covered...



A good night's sleep in a comfortable tipi is just what you need before a day of surfing lessons



New glamping in old favourites

Surfing on the Algarve

The Algarve has a reputation for five-star golf resorts and luxury villas, but it's also a cool surf paradise along its southwestern coast. It's here in Lagos that families (especially with teens and tweens) will love Errant Surf's holidays at the Surf Tipi Village at Villa Burgau with its air of hippy elegance. Set within beautiful gardens and just moments from an on-site swimming pool, individual tipis are hip and comfortable. The only rule being to please wipe your flip-flops before entering! A major attraction is the daily

surf coaching from professional instructors, which will ensure you all end up as surf dudes by the end of the week.

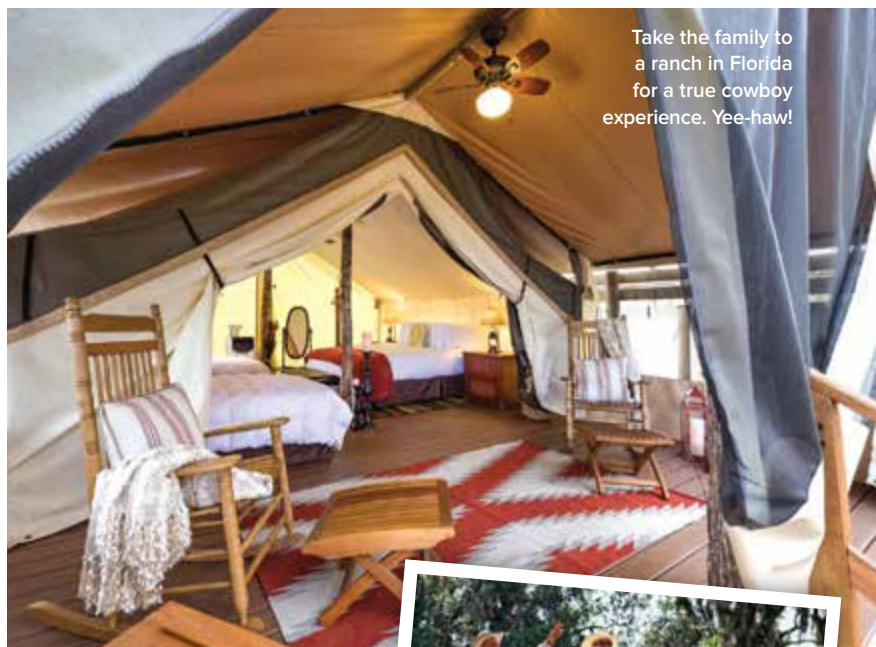
BOOK IT: A seven-night Surf and Tipi holiday costs £1,600 and is based on two adults and two children sharing a quad tipi. It also includes breakfast, 10 surf lessons for each person, full equipment hire, transport to and from beaches, plus lunch on surf days. Surfing is available for kids aged six and up. Call 020 8133 6438 or visit errantsurf.com. easyJet flies to Faro, from £225 return per person; easyjet.com.

Ranching in Florida

You may think that the **Sunshine State** is all theme parks and big resorts, but you only have to venture a little way down an easy-to-navigate highway to find stunning nature. Ninety miles south of Orlando, families can unleash their inner cowboys at Central Florida's Westgate River Ranch. Surrounded by protected wetlands, this huge ranch is located on one of the old trails where Florida's first cowboys herded wild cattle as far back as the 1700s.

Today, the ranch stands as a reminder of the cowboys' contribution to Florida culture and heritage. A 1,200-seat rodeo arena offers a true cowboy experience. It's home to the longest-running Saturday night championship in the state, which features trick riding, bull riding and barrel racing. Families will enjoy the Saturday night street party with dancing under the stars at the outdoor dance hall and roasting marshmallows on an open fire.

Kids will love feeding the barnyard animals and livestock at the petting farm, while the whole family can go horseback riding or for a dinnertime hayride along the



Take the family to a ranch in Florida for a true cowboy experience. Yee-haw!

Kissimmee River – spotting abundant wildlife while being serenaded by a singing cowboy, ending with a country buffet.

After a multi-million dollar renovation, the ranch is one of the few places in the state to offer glamping. Outdoor tents on raised platforms feature deluxe interiors, a screened-in porch with rocking chairs, access to private bathrooms and your own picnic table. There's even a personal glamping concierge who will help you start your campfire!



BOOK IT: Glamping at Westgate River Ranch costs from £115 per tent per night (sleeps four); westgateresorts.com/river-ranch. British Airways return flights from London Heathrow to Orlando start at £770 per person; britishairways.com.

Back to nature in France



Stay in a beautiful cocoon-shaped tree house in the south of France

France has long been a tried and tested favourite for families, and there is now a new wave of incredible glamping. Check out Cap'Cabane tree houses, an hour south of Bordeaux. Their pine cone-meets-butterfly cocoon designs are enough to impress any jaded teenager. All architecture is inspired by nature, from the pinewood exteriors to the wooden walkways. Each has its own compost loo, while showers and cooking facilities are communal. There's a natural pool for cooling dips and orienteering in the woods.

BOOK IT: From £109 per night (sleeps five). Call 0117 204 7830 or visit canopyandstars.co.uk.



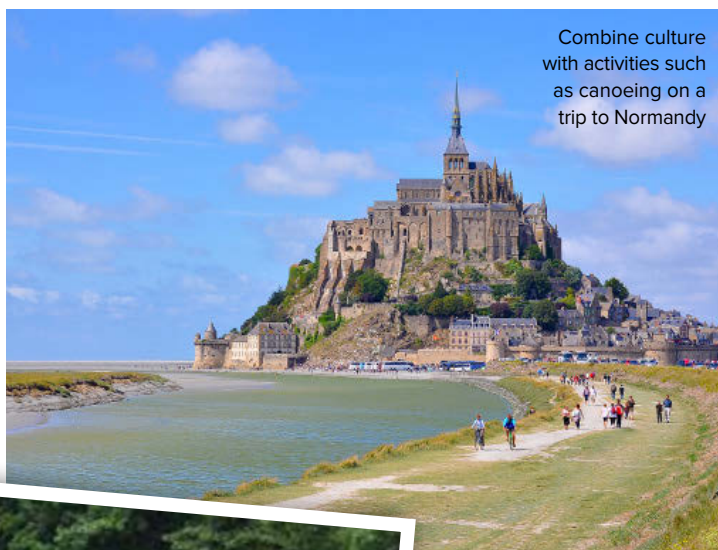
Your holidays

The new all-inclusives

French adventures

The best way to approach an **all-inclusive holiday** is to go with a great family tour operator such as Family Adventure Holidays, which puts together all the elements of your trip so you don't have to do the legwork. Its Normandy Adventure Holiday includes everything from canoeing and climbing to biking and bread-making. Families stay at Château de la Baudonnière, near Avranches, surrounded by beautiful meadows, lakes, rivers and waterfalls. Activities are tailored to different age groups such as circus skills and treasure hunts for tots; fencing and raft-building for older children; orienteering and T-shirt making for teens; and clay pigeon-shooting and cider-making for parents. All are taught by professionals. Families get together to tackle assault courses and compete in *It's A Knockout*-style contests, and there are guided bike rides, plus beach and market visits.

BOOK IT: A week in a simple family room for four with three meals a day, snacks and wine or cider (for adults), costs from £395 per person aged 16 years and over, £355 per child aged six to 15 and £95 per child aged



Combine culture with activities such as canoeing on a trip to Normandy



two to five years. Children under two stay free. Excludes travel. Call 01273 803030 or visit familyadventureholidays.com.

Relax and enjoy a luxury all-inclusive holiday in Halkidiki – without the worry of extra expenses



A Greek treasure

European all-inclusives used to be a dodgy proposition with ropey buffets and little to inspire families. Following in the footsteps of the Caribbean and the Indian Ocean, all-inclusives have raised their game closer to home and offer the kind of luxury holiday you may have only dreamed of. True, the initial outlay may be more than you normally budget for, but for a family of four with ravenous children and no nasty surprises when checking out, it's worth it.

The Ikos Oceania in Halkidiki and Ikos Olivia on the gulf of Toroneos, also in Halkidiki, are beautiful new resorts that up the ante on what all-inclusive is. They feature Michelin-quality food, a choice of over 300 wines and beautiful rooms to accommodate families of all sizes. All meals plus a 'Dine Out' experience to a local Greek taverna are included, as is all-day waiter service to bring drinks, snacks and fruit to your sun lounger on the beach and by the pool. Beachside childcare is offered free of charge, as are children's clubs that conform to strict UK Ofsted standards.

BOOK IT: Sovereign offers seven nights at Ikos Oceania in a Junior Suite Sea View, from £5,991 for two adults and two children all-inclusive, with return flights and private transfers. Call 01293 733587 or visit sovereign.com.

Popular
in winter,
fabulous in
summer!

High-energy Austria

You might think Austria is only great for skiing, but summer is a super (and cheaper) time to visit. Energetic adults will enjoy taking the children to the Oetz Valley with Activities Abroad. Using a points system, families can tailor their own holidays and pick their preferred activities. Catering to all levels, pastimes include mountain-biking, white-water rafting and climbing, and you don't all have to do the same thing. So, while grandparents take the children to the archery range, parents could enjoy a well-deserved dip in the nearby thermal baths – all of which is included in the points system.

BOOK IT: Activities Abroad offers this seven-night holiday from £425 per adult and £325 per child (aged 10 to 16), based on a family of four staying in a traditional family-owned hotel, 16 activity points (additional activity points can be purchased in Austria) and all equipment and tuition. Call 01670 789991 or visit activitiesabroad.com. easyJet flies direct from London to Innsbruck, from £250 return; easyjet.com. Alternatively, you could drive to Innsbruck from Calais in around nine and a half hours or in just over 12 hours from London.

Go mountain-biking
through Austria's
beautiful Oetz Valley

Finland's lakeside paradise

The big revelation about Finland, well-known for its Lapland adventures in winter, is that it can be very hot midsummer. Go during the first week of the summer holidays and you could be basking in 30-degree heat. This is when those clever Finns retreat to their lakeside cottages. Padasjoki is about a two-hour drive north of Helsinki and home to southern Finland's second largest lake, Päijänne. Think vast fir tree-lined lakes, beautiful islands and rugged rocky shores. If you want to discover the inspiration for Tove Jansson's delightful *Moomin* books, this is it.

Family-owned cottages like the Green Villa are hidden gems with everything you need for a chilled week by the lake with a children's bedroom in the eaves, lakeside wood smoke sauna, hot tub, fire pit and logs, kayak and rowing boat. **BOOK IT:** Green Villa at Padasjoki costs £725 for a week in midsummer (sleeps four); vihreahuvila.fi/8. Finnair flies direct to Helsinki from London Heathrow and Manchester with return flights from £137 and £174 respectively; finnair.com. Seven days' car hire with Hertz from Helsinki Vantaa airport is from £206 (for a five-door Ford Fiesta seating five people); hertz.fi.

Lakeside cottages in
Finland are ideal for
fishing and swimming



Great escapes

Take 5...

Keep your carbon footprint low but enjoyment high with these beautiful eco hideaways

Green getaways in the UK

North Wales

Beudy-Mach holiday cottage high above the Dovey Valley in southern Snowdonia is an off-grid, carbon-neutral, eco lover's dream! This converted barn has wonderful open rooms and reclaimed dining table and chairs, a log burner, solar panel and wind turbine energy. Best of all is the magnificent veranda with views across to Cader Idris on the far side of the valley.

● **GREEN BILL:** Sleeps eight; from £800 per week self-catering. Call 01341 247200, or visit dioni.co.uk.



Norfolk



Cranmer Country Cottages in Fakenham, near to north Norfolk's beautiful coastline, are big on style with high vaulted ceilings and mod cons, including espresso machines. There's an indoor pool, tennis courts, games room, toddlers' playhouse and useful baby gear. The cottages benefit from locally sourced materials and on-site energy via solar, turbine and ground-sourced heat pumps, as well as a biomass boiler.

● **GREEN BILL:** Coot Cottage sleeps two; seven nights costs £428 self-catering. Call 02476 696909, or visit farmstay.co.uk.

New Forest



Cottage Lodge is a 15-room boutique hotel in the village of Brockenhurst. Owner Christina has gone the extra mile to reduce its carbon footprint with zonal heating and table mats made from recycled Coca-Cola cans. An eco showcase room features a bicycle to power the TV, and another has furniture made by hand from a fallen ash tree. Guests are encouraged to leave the car behind with free collection from the station.

● **GREEN BILL:** Rooms from £99 per night, including the New Forest Marque breakfast. Call 01590 622296, or visit cottage lodge.co.uk.

Cornwall



Merlin Farm Eco Cottages sit in the hills above the tiny beachside village of Mawgan Porth on the north Cornish coast, renowned for its fine surf. These modern cottages have top spec details such as walk-in drench showers and wood-burning stoves. Eco cred comes via insulation, solar and ground-source heat pump technology, a tree planting project and a wetsuit station, where rainwater is used to rinse wetsuits.

● **GREEN BILL:** Cottages have two bedrooms; from £110 per night self-catering. Visit i-escape.com/merlin-farm-eco-cottages.

Scottish Borders



Set in acres of lovely scenic farmland, the five eco-friendly Airhouses in Lauder offer ski chalet chic wooden interiors and impressive countryside views. With natural paint, eco cleaning products, restricting water flow to taps from a natural spring, and thermal insulation, they rate high on the green score. Visitors can feed the friendly pigs and Shetland ponies on the farm before going on coastal walks.

● **GREEN BILL:** The Lodge sleeps two; seven nights costs £380 self-catering. Call 02476 696909, or visit farmstay.co.uk.

Just for you...

6 PAGES OF FANTASTIC GIVEAWAYS, PUZZLES AND OFFERS!

Enter by
phone, text
or post

It's so easy to win!

Enjoy a great day out

Gulliver's theme parks offer the hottest ticket around for fun-loving families this summer and we have 17 feel-good family tickets up for grabs, each worth £60! Head off for a bumper day out at one of the fab locations – Warrington, Milton Keynes or Matlock Bath. Designed for children aged two to 13, the parks offer something for everyone to explore and enjoy. From theme park classics, like dodgems, to a log flume and a whole variety of weird and wonderful rides and attractions. Visit gulliversfun.co.uk.

Call 0905 817 2746

(80ppm)*. Text
PRIMAGIVE1 to
87088 (£1.50)**

Write to

Prima/Gulliver's
GVPRAL15115

*Tickets are non-transferable and non-refundable. Not valid with any other offer. A family ticket permits two adults and two children to Gulliver's theme parks. Prizes valid until August 2016.



Full steam ahead!

We've teamed up with Morphy Richards to give three lucky readers the chance to each win a new Auto Clean Power Steam Elite Steam Generator, worth £199.99! The handy gadget can tackle even the biggest pile of laundry. With an impressive 170g of instant steam and 300g steam boost shot, it's perfect for smoothing out those stubborn creases. Plus, it comes with plenty of clever functions, such as vertical steam and limescale management, and has a smooth, durable ceramic soleplate. For more smart ideas for your home, visit morphyrichards.co.uk.

Call 0905 817 2748

(80ppm)*. Text PRIMAGIVE3
to 87088 (£1.50)**

Write to Prima/Morphy
Richards GVPRAL15117



Fabulous retro glasses

Glasses Direct has two pairs of London Retro glasses to give away to eight lucky readers, worth between £95 and £125. London Retro eyewear combines high quality modern technical materials with authentic vintage styling. The latest collection takes inspiration from iconic figures like Sophia Loren and Michael Caine, and made from



polished Italian acetate and stainless steel, the range is available exclusively from glassesdirect.co.uk. And you can have fun choosing your prize by trying on the collection using Glasses Direct's new virtual mirror. That way, you're guaranteed a winning style.

Call 0905 817 2749 (80 ppm)*. Text PRIMAGIVE4 to 87088 (£1.50)**

Write to Prima/Glasses Direct GVPRAL15118

See full terms and conditions below**

A sizzling summer guaranteed!

Summer nights are perfect for eating outdoors and this prize from debbie&andrew's provides everything you need for the perfect fire-lit sausage supper! Four readers will each win a firepit worth £250, plus a recipe book, cool bag and vouchers for some of the company's mouth-watering sausages, together worth £25! debbie&andrew's hearty, old-fashioned sausages are made with pork from British farms. They also come in two great wheat-, gluten- and dairy-free varieties, including the famous Harrogate 97% Pork Sausage and the new Caramelised Red Onion Pork Sausage. Visit debbieandandrews.co.uk.

Call 0905 817 2747

(80ppm)*. Text PRIMAGIVE2
to 87088 (£1.50)**

Write to Prima/Debbie &
Andrew's GVPRAL15116



HOW TO ENTER: Call the 0905 number, or text PRIMAGIVE followed by the number of the giveaway you wish to enter, then a space and your contact details, to 87088 (£1.50), by midnight 31 August 2015. For example: text PRIMAGIVE1 Jane Smith, 1 The Cottage, London AB1 2CD. Or, send your name and address on a postcard to: The Data Solutions Centre, Workshop S80 2RT, prefixed by the offer name and code, by 3 September 2015. A separate stamped postcard is needed for each offer. *Calls cost 80p per minute plus your telephone company's network access charge and will last no longer than two minutes. **Texts cost £1.50 plus your usual network operator rate. Lines close midnight 31 August 2015. If you phone or text your entry after the advertised closing date, you will not be entered but you will be charged. Winners will be selected at random after the closing date. SP: Spoke, 0333 202 3390. We will use the information you supply to process your competition entry. For our privacy policy, visit hearst.co.uk/dp. *Eight winner prizes of two-for-one London Retro frames from Glasses Direct. Entrants must be over the age of 16. Glasses Direct cannot provide glasses to anyone with eyesight in the following ranges: the combined SPH and CYL is greater than +/8.00; the CYL is over +/4.00; if there is more than 5.00D difference between each eye; if the prism correction is over 4.00 in any direction. Winners must supply a prescription no more than two years old. Open to UK residents (including the Channel Islands), aged 18 or over. Employees of the MyOptique Group (and their families) or any agencies or persons connected with the competition cannot enter. No cash alternative and prize is not transferable. Prima/Glasses Direct's decision is final and no correspondence can be entered into. Prima/Glasses Direct reserve the right to change these rules or to cancel, alter or amend the competition. If Glasses Direct cannot contact the winner within 14 days of the closing date, Glasses Direct will offer the prize to a runner-up. Glasses Direct excludes liability to the full extent permitted by law for any loss, damage or injury occurring arising from any offer or acceptance of a prize. The competition is subject to the laws of England. The prize details are as promoted and cannot be amended. The prize must be redeemed by one month after closing date. Upon entry of this competition, the entrant agrees to be bound by all of the rules of this competition.

August treats

Your summer needs



Cheerful Smile



Summer Rose & Freesia

SPECIAL OFFER – SAVE 12% PLUS FREE DELIVERY!

Celebrate Summer! The sunny yellows of our 'Cheerful Smile' bouquet will give your loved one a warm glow, whilst the perfectly twinned pinks of fragrant 'Summer Rose & Freesia' will create a stylish display. Whether you're marking a special occasion or simply want to say 'I love you,' your gift is sure to be very welcome! As our regular customers tell us, Flying Flowers bouquets always deliver excellent quality and great value for money. To **SAVE 12%**, get **FREE delivery** AND a **FREE** pop-up vase on these bouquets as well as other beautiful gifts from **Flying Flowers*** please visit **flyingflowers.co.uk**.

Please quote offer code **PRIMA0207**.

Order online **flyingflowers.co.uk** or by phone **0333 003 0709**.

Please hurry! Offer closes 31 October 2015.

*See full terms and conditions on our website.

THE TWISTER

100% cotton on promotion at £59.



The Twister gracefully adds an element of fluidity to your wardrobe, whilst at the same time, provides you with an enduringly versatile cropped style sweater.

Team with your favourite jeans, shorts

or skirt, or layer over a casual dress when you need a little extra warmth, but still want to feel feminine and elegant.

Knitted in hard wearing cotton, yet soft to the touch, machine washable.

Original Blues – available from our store

www.originalblues.uk or phone

020 8813 7766.



FRENCH LUXURY FOR YOUR HAIR

Ever had a hair clip you loved?

Our best-selling Rectangle Large hair claw is perfect for your very thick or long hair. Handmade in France, each clip goes through a traditional 10-day finishing process to produce a rich polish you'll adore. Total satisfaction guaranteed, or your money back.

£49, free p&p.

Call 01732 883820 or visit

Stone-Bridge.co.uk

ROYCE LINGERIE

Royce Lingerie's wirefree 'Olivia' bra is simple yet stylish and designed using strong, supportive fabrics. With a pretty jacquard spot on the cups and gorgeous stretch lace trims 'Olivia' offers fit, style and comfort for every day wear.

Royce design wirefree bras for every day comfort, pregnancy and nursing, after surgery, sports and teens.

For your nearest stockist or to request a brochure please call 01295 265557 or visit

www.royce-lingerie.co.uk



September getaways to Crete and Budapest

Learn about Greek or Hungarian culture, discover beautiful beaches and more

Crete from £385pp Enjoy seven nights in a five-star hotel

The largest of the Greek Islands, Crete has its fair share of unspoiled scenery. There are lots of historical sights to explore, including the Palace of Knossos. With many glorious beaches all over the island, there are plenty of chances to relax in the sun. For the more active, there are lots of water sports and water parks to enjoy. Long lunches in the town squares and relaxing evenings in the harbour areas are a must.

PRICE INCLUDES:

- Seven nights all-inclusive at the five-star Hersonissos Palace
- Return flights, including flight taxes and fuel supplements

*Price is per person, based on flights from London Gatwick, departing in September.



7 nights
all-inclusive
from only
£385pp*

Budapest from £185pp Enjoy four nights in a four-star hotel

4 nights
from only
£185pp*



Budapest is the capital city of Hungary and one of Europe's most enjoyable cities. Stroll around one of the art galleries and museums or take the children to Aquaworld, one of Europe's largest indoor water theme parks. The city also has many thermal baths that are well worth a visit – have a dip in the healing waters or get a relaxing massage. Then unwind after a busy day by tasting some of the delicious local cuisine.

PRICE INCLUDES:

- Four nights bed and breakfast at the four-star Marmara Design Hotel
- Return flights, including flight taxes and fuel supplements

*Price is per person, based on flights from London Stansted, departing in September.

TO BOOK: Visit traveledit.co.uk/prima or call 01737 336 572** quoting PRCHQ for Crete or PRBUD for Budapest

TERMS & CONDITIONS: For further information, please call 01737 336 572. Offers are subject to availability. *Prices are per person. Prices 'from' act as an indication only. Prices will vary depending on dates, flight times, departure airports, duration, number of passengers and travel extras. We reserve the right to withdraw offers at any time. The images used are for illustration purposes only and do not reflect your actual holiday experience. Hotel rating is that of the supplier and may not be the official rating. Travel restrictions, conditions and credit/debit card surcharges apply. Bookings are made with and subject to the conditions of weholiday.co.uk, ABTA G3655 ATOL 5360, a company wholly independent of Hearst Magazines UK. Full terms and conditions are available online. Prices correct at the time of going to press, but may go up or down. **Calls from a BT landline will cost no more than 10p per minute; calls from mobiles and other networks may cost more.

Reader event at Ragdale Hall

Two-night stay
PLUS a free
Elemis gift,
from just
£333pp



Continuing Prima's partnership with Ragdale Hall, this year the spa is hosting an exclusive two-night break, including a special Prima Reader Evening, from Sunday 18 to Tuesday 20 October 2015. Stay in a Superior room for £369 per person or enjoy a Standard room for £333 per person. Prices are based on sharing a twin, double or triple room.

YOUR EXCLUSIVE PACKAGE INCLUDES (PER PERSON):

- Check in between 2pm and 4pm on Sunday for two nights sharing
- Two 40-minute treatments per person (choose from body massage, prescription facial, classic manicure or moisturising lavender body treatment)
- FREE Elemis gift per person worth £37, which comprises Pro-Collagen Marine Cream (15ml), Papaya Enzyme Peel (15ml) and Pro-Radiance Cream Cleanser

- (30ml), all in a cotton drawstring bag
- Full use of spa facilities, plus Thermal Spa, main pool and exercise pool
- All exercise, relaxation and water classes and use of gymnasium
- All meals (breakfast in bed, three-course buffet lunch and three-course dinner)
- Use of beautiful gardens, tennis court, croquet lawn, outdoor pool, pitch and putt course and bikes
- Elemis skincare and make-up workshop on the Sunday night, plus 15% off any additional Elemis treatments
- Prima Reader Evening on Monday 19 October
- Check out at 2pm
- Book an extra night on the Tuesday for only £169 per person (with an additional spa treatment from the choices listed above and all meals)

Why not get away from it all in style with a relaxing stay at Leicestershire's Ragdale

Hall Health Hydro & Thermal Spa? The rural setting makes it the ideal place to unwind – whether you want to be pampered, kick-start your health regime or just enjoy the beautiful surroundings.

EXTEND YOUR VISIT: Why not book an extra night for just £169 per person? The price includes all meals, another 40-minute treatment (from the choices listed, left), plus full use of all the facilities.

Visit traveledit.co.uk/prima and use the reader offer code **PRIMARE15** or call 01664 433013 and quote **PRIMARE15** to claim your exclusive discount and free gift.

TERMS & CONDITIONS: This offer is subject to availability. Ragdale Hall Health Hydro & Thermal Spa, Ragdale Village, Melton Mowbray, Leicestershire LE14 3PB. Offer based on sharing a twin/double/triple room for two nights. Third night option available.

Puzzles for you to enjoy

Three pages of fun – with cash prizes to win!

WIN
£50

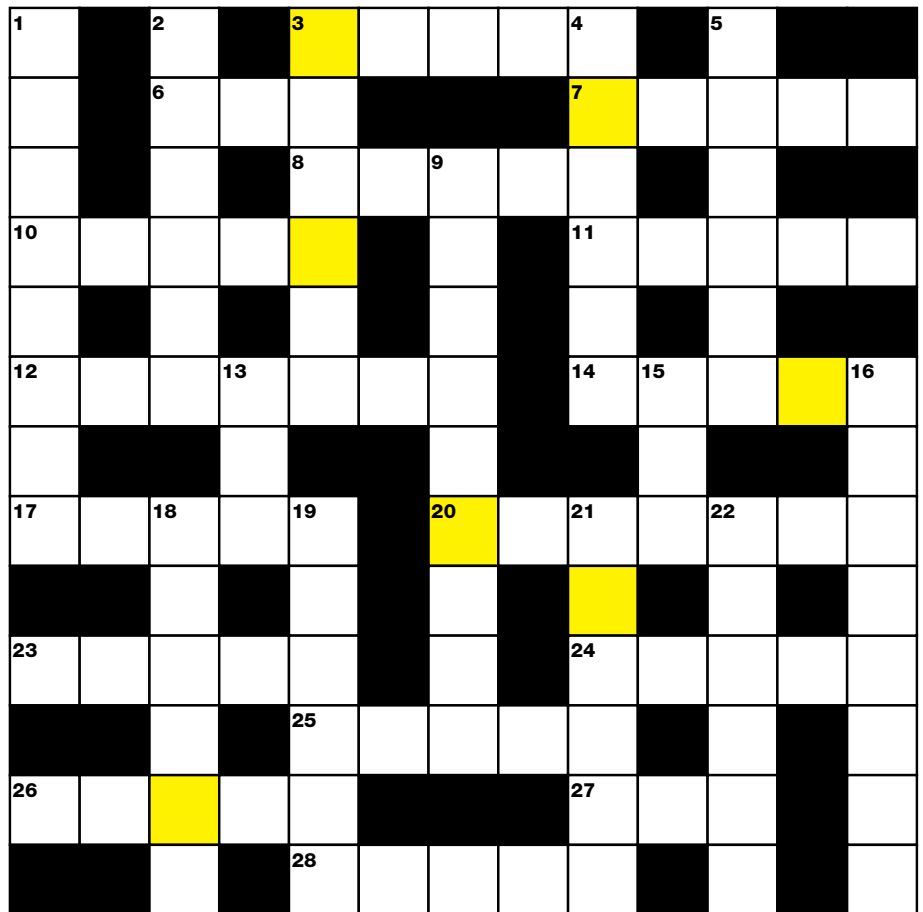
ACROSS

- 3** Utensil for whipping eggs or cream (5)
6 Caspian ____, world's largest inland body of water (3)
7 Harpy, golden or bald bird, eg (5)
8 In the neighbourhood (5)
10 Powerful or important person in the film or media industry (5)
11 Cornish ____, baked pastry containing seasoned meat and vegetables (5)
12 Tottenham ____, Premiership football club in north London (7)
14 Throw out (of a house) (5)
17 Great in size (5)
20 River in South America or one of *The Wombles* (7)
23 Unspoken (5)
24 Apples and ____, cockney rhyming slang for 'stairs' (5)
25 Laughing scavenger? (5)
26 Greek island and birthplace of Zeus (5)
27 Oil platform (3)
28 Two wrongs don't make a ____, saying (5)

DOWN

- 1** Famous mausoleum in Agra, India (3,5)
2 You're ____ for sore eyes, expression (1,5)
3 Clout, thump (6)
4 Water spirit of Scottish folklore that often takes the form of a horse (6)
5 Andre ____, former tennis champ married to fellow tennis ace Steffi Graf (6)
9 First name of the new princess (9)
13 Droop, hang down (3)
15 French word for 'wine' (3)
16 Years in a millennium (8)
18 ____ Riley, *Countdown*'s numbers whizz (6)
19 That one or the other (6)
21 Pass on information, communicate (6)
22 Fruit with varieties including Seville and Jaffa (6)

CROSSWORD



7 ACROSS



18 DOWN



1 DOWN

Call with your answer on **0901 609 4224***

Solve the crossword in the usual way. When completed correctly, the yellow squares, reading top to bottom, left to right, will spell out your prize answer (Greeting, 7). **Call 0901 609 4224*** and leave your name, address and the answer.

All calls cost 65p per minute plus your telephone company's network access charge and should last no longer than two minutes.

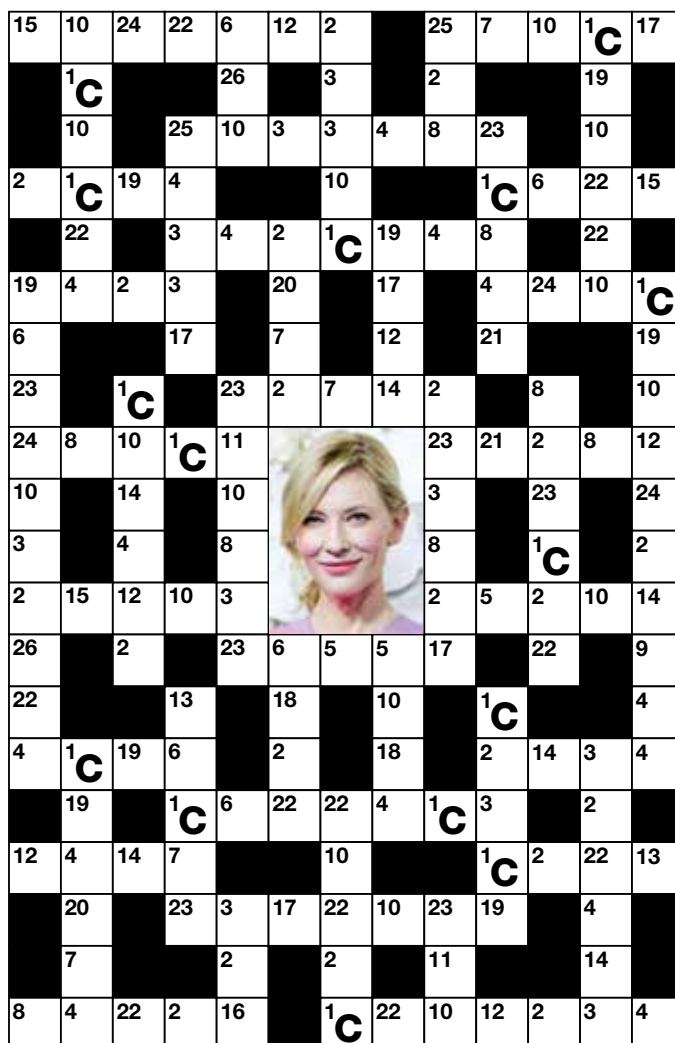
Calls from mobiles and some networks may cost more. You can also write in – see **HOW TO ENTER** (on the following page).

WIN
£50

CODEWORD

For £50, see if Cate Blanchett can help you work out the number code for each letter of the alphabet. We've placed the letter C, now you do the same with the letters A, T and E, and on you go. When you're done, use your key grid to find out the prize word. **Call 0901 609 4225*** and leave your name, address and the answer. All calls cost 65p per minute plus your telephone company's network access charge and should last no longer than two minutes. Calls from mobiles and some networks may cost more. You can also write in – see **HOW TO ENTER** (below).

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z



| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| C | A | T | E | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | | | | | | | |

YOUR KEY GRID:

| | | | | | | |
|----|---|---|---|----|---|---|
| 24 | 7 | 9 | 9 | 22 | 4 | 8 |
| | | | | | | |

Call with your answer on **0901 609 4225***

HOW TO ENTER

***YOU CAN CALL WITH YOUR ANSWERS** (see numbers with the Win £50 puzzles), leaving your name and address. Or you can write in – send your answer on a postcard with your contact details to: Prima Extra Puzzles, /PUPRAN15279 (for the Crossword), /PUPRAN15280 (for the Codeword) or /PUPRAN15281 (for the Arrow-word), The Data Solutions Centre, Worksop S80 2RT.

The closing date is midnight, 31 August 2015 (three working days later for postal entries). If you call to enter after the closing date, you will not be entered but you will be charged. The competition is open to UK residents only and the usual rules apply.

DATA PROTECTION: We will use the information you supply to process your competition entry. For our privacy policy, visit hearst.co.uk/dp. SP: Spoke Interactive, call 0333 202 3390.

PPA You can contact Prima at 72 Broadwick Street, London W1F 9EP. Tel: 020 7312 3887. Email: prima@hearst.co.uk. Prices and availability were checked at the time of going to press, but we cannot be held responsible for any later changes. ©2015 Hearst Magazines UK

ISSN 0951 8622, 72 Broadwick Street, London W1F 9EP. Published monthly. All rights reserved. No part of Prima may be reproduced or used in any form or by any means, either wholly or in part, without the prior written permission of the publisher. Not to be resold, lent, hired out or otherwise disposed of by way of trade at more than the recommended retail price (subject to VAT in Republic of Ireland) or in a mutilated condition. Colour reproduction, Wyndham Pre-press, London. Printed by Polestar Chantry and Watmoughs. For existing subscription enquiries, change of address and back-issue orders for Prima, please call our enquiry line 0844 848 5203*, email qualitymagazines@subscription.co.uk, or write to Prima, Hearst Magazines UK, Tower House, Sovereign Park, Lathkill Street, Market Harborough, Leicestershire LE16 9EF. Please quote your subscription number in all correspondence. For new and renewal orders, please call 0844 848 1601*, or visit qualitymagazines.co.uk. Phone lines are open weekdays, 8am-9.30pm; Saturdays, 8am-4pm. *BT landline calls to 0844 numbers will cost no more than 5p per minute; calls from mobiles and other networks usually cost more. Prima magazine, ISSN 0951 8622, is published monthly (12 times per year) by Hearst Magazines UK c/o USACAN Media Corp 123A Distribution Way Building H-1, Suite 104 Plattsburgh, NY 12901. Periodicals Postage paid at Plattsburgh, NY. POSTMASTER: send address changes to Prima Magazine c/o Express Mag, PO box 2769, Plattsburgh, NY 12901-0239. The Publisher, editors and authors accept no responsibility in respect of any products, goods or services that may be advertised or referred to in this issue or for any errors, omissions, mis-statements or mistakes in any such advertisements or references.

COMPETITION RULES OF ENTRY: Only one entry per person. The closing date for phone entries is midnight, 31 August 2015. The closing date for postal entries is three working days later. The competition is open only to UK residents over the age of 18. Entry to the competition and acceptance of the prize constitutes permission to use the winner's names for promotional purposes without additional consultation. This competition is not open to employees of Hearst Magazines UK, the promoters or their family members. The prize winners will be selected from the entries received by an independent panel. Only the winners will be contacted. Prizes must be taken as stated and cannot be deferred, although Hearst Magazines UK reserves the right to change the prizes in the event of unforeseen circumstances. There will be no cash alternative. Hearst Magazines UK does not accept responsibility for late or lost entries. Proof of sending is not proof of receipt. Hearst Magazines UK's decision is final in every situation, including any not covered above, and no correspondence will be entered into. Entrants will be deemed to have accepted these rules and to agree to be bound by them. Hearst Magazines UK shall be permitted to exclude any entrant at any time at its sole discretion. Where Hearst Magazines UK runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes, then Hearst Magazines UK shall not be responsible for, or have any liability for, the provision of such prizes. If there is any conflict with these rules and the specific competition rules, then the latter take preference. Data Protection: For our privacy policy, visit hearst.co.uk/dp. SP: Spoke Interactive, call 0333 202 3390.

LAST MONTH'S JUST FOR FUN SOLUTIONS

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | 7 | 2 | 6 | 4 | 8 | 1 | 3 |
| 2 | 6 | 8 | 1 | 5 | 3 | 7 | 9 | 4 |
| 4 | 3 | 1 | 9 | 7 | 8 | 2 | 6 | 5 |
| 9 | 7 | 4 | 5 | 2 | 1 | 3 | 8 | 6 |
| 6 | 2 | 5 | 8 | 3 | 7 | 9 | 4 | 1 |
| 1 | 8 | 3 | 6 | 4 | 9 | 5 | 2 | 7 |
| 8 | 4 | 9 | 7 | 1 | 5 | 6 | 3 | 2 |
| 7 | 1 | 6 | 3 | 9 | 2 | 4 | 5 | 8 |
| 3 | 5 | 2 | 4 | 8 | 6 | 1 | 7 | 9 |

EASY PEASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 8 | 5 | 9 | 6 | 1 | 7 | 3 |
| 6 | 7 | 5 | 1 | 4 | 3 | 9 | 8 | 2 |
| 1 | 9 | 3 | 8 | 2 | 7 | 6 | 4 | 5 |
| 7 | 1 | 9 | 3 | 6 | 2 | 8 | 5 | 4 |
| 5 | 6 | 2 | 4 | 8 | 9 | 3 | 1 | 7 |
| 8 | 3 | 4 | 7 | 1 | 5 | 2 | 6 | 9 |
| 3 | 8 | 6 | 2 | 5 | 4 | 7 | 9 | 1 |
| 2 | 4 | 1 | 9 | 7 | 8 | 5 | 3 | 6 |
| 9 | 5 | 7 | 6 | 3 | 1 | 4 | 2 | 8 |

TOUGH STUFF

MAY 2015 PRIZE SOLUTIONS

CROSSWORD Picture **CODEWORD** Swedish
ARROW-WORD The Deer Hunter

* Solutions to this month's prize-winning puzzles will be in the November 2015 issue.

WIN
£50

ARROW-WORD

Put your feet up and win
£50 at the same time!

Fill in the grid according to the arrows. When done, the shaded yellow squares will reveal the answer to the following question:

Jousting is the official sport of which US state? (8)

| | | | | | | | | | | | | | | | | | | |
|-----------------------------|--------------------------------------|--------------------------------|------|----------------------------------|---------------------|----------------------|---------|-----------------------------------------|--------------|----------|-------------------------------------------|-----------------------|----------------------------------|---------------------------------|--------------------------|----------------------------------|--------------------------------|----------------|
| Wrist adornment | | Racket, loud noise | | Dennis, actor and comedian | Part of a camera | Frightening | | Tatty piece of cloth | | Cow meat | Snowman in Disney hit <i>Frozen</i> | Dry (of wine) | | The 'B' in US agency FBI | | Subject, theme | | Avarice |
| | | | | | | | | Legitimate, honest and open (5-5) | | | | | | | | | | |
| Luxury American car | | Maiden name indicator | | | | Capital of Greece | | Sticky hair goo | | | | Vessel for tea, eg | | | | In grammar, a 'doing' word | | River grass |
| | | | Trap | | | | | Lughole! | | | | | Waterway | | | | | |
| Sense of self | | French for 'bingo' | | Pig pen | | | | Not on! | | | | Flow back | | | | | | |
| | | | | Help | Catwalk worker | | | | | | | Rebuffed, ignored | Scottish name for a turnip | | Soft French cheese | | Peepers! | |
| Block, ban | Without a name (of a book, eg) | Not wild! | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| Sotheby's sale? | | Probability | | | | | | | | | | | | | | | | |
| | | | | Ladies | Without company | | Retains | | | | | | | | | | | |
| Consumed food | | Stroll | | | | | | Flies up high, glides | Work wool | | High IQ organisation (inits) | Hang open | Cry of woe! | One- thousandth of a kilo | | Level, equal | | |
| | | | | | | Bring to mind | | | | | Group of geese | | | | | | Poetic word for 'before' | |
| Three- legged seat | | Relocate, change address | | | | | | Occurring once a year | | | | | | Travel around constantly | | | | |
| | | | | | | Capital of France | | | | | Rigmarole, carry-on | | | | | | | |
| Number of Deadly Sins | | Tidings | | | | | | Gazes fixedly | | | | | | Lion's hair, eg | | | | |

Join in
and WIN
£50

Fill in the answers to the
clues and the letters in
the 8 shaded squares will
spell out your prize answer

Call 0901 609 4226* and leave your name, address and the answer. All calls cost 65p per minute plus your telephone company's network access charge and should last no longer than two minutes. Calls from mobiles and some networks may cost more. You can also write in – see [HOW TO ENTER](#) (opposite page).

Call with your answer on
0901 609 4226*

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 7 | | | 5 | | 2 | |
| | 1 | | 8 | 2 | 7 | | 6 | 3 |
| | 8 | | | | 4 | 9 | 1 | 7 |
| 1 | | 6 | 3 | 8 | | 2 | | 4 |
| 9 | | 3 | | 4 | | 1 | | 5 |
| 7 | | 8 | | 1 | 2 | 3 | | 6 |
| 5 | 3 | 2 | 9 | | | | 4 | |
| 8 | 9 | | 4 | 6 | 3 | | 5 | |
| | 7 | | 2 | | | 8 | 3 | 9 |

EASY PEASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | 3 | 9 | 4 | | | |
| 2 | 7 | 9 | | | | | 8 | |
| | | | 7 | | | 1 | 9 | 6 |
| 4 | 5 | 3 | | 2 | | | | 9 |
| 7 | | | 9 | 1 | 6 | | | 5 |
| 1 | | | 3 | | 2 | 7 | 8 | |
| 9 | 6 | 2 | | | 3 | | | |
| | 1 | | | | | 7 | 5 | 3 |
| | | | 1 | 4 | 8 | 9 | | |

TOUGH STUFF

SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each column and each 3 x 3 block contains all the numbers from 1 to 9.

Just for
FUN

Published monthly by Hearst Magazines UK,
72 Broadwick Street, London W1F 9EP
Tel: 020 7312 3887 Email: prima@hearst.co.uk

Editor Gaby Huddart

Editor's PA Sandra Tear

Deputy editor Sue McNeill

Associate editor Gary Irwin

Editorial assistant Amanda Lock

Art director Jacqueline Hampsey

Art editor Susan Walker

Designer Abby Wiltshire

Picture editor Jo Lockwood

Chief sub editor/Production editor Terry Barbrook

Senior sub editor Hannah Blake

Features and health editor Karen Swayne

Assistant editor (features) Amisha Surani

Senior fashion editor Amanda Marcantonio

Fashion assistant Helen Johnson

Beauty editor Sabine Wiesel

Digital lifestyle editor Kate Matharu

Contributing food editor Heather Whinney

Patterns and creatives editor Janet Palmer

Knitting editor Rosy Tucker

Contributing travel editor Jane Anderson

Group publishing director Sharon Douglas

Sales director Ben Giles

Group advertising director Dominic Eddon

Partnerships director Marya Jenkins

Advertisement director Angela Decube

Advertisement business manager

Clare James (on maternity leave)

Fashion manager Julia Budhabhai

Sales executive Sandra Rodrigues

Regional advertisement director Lisa Bhatti

Regional business development manager Karla Simcock

Shows executive Linda Abernethy

Head of PR Karen Meachen

Head of newstrade marketing Jennifer Smith

Circulation manager James Hill

Marketing manager Charlotte Cunliffe

Head of customer marketing Claire Riddle

Group customer marketing manager Karen Sharp

Group customer marketing manager Justine Boucher

Customer marketing manager Magda Kiro

Senior marketing executive Alice Taylor

Production manager Pavel Pachovsky

Senior advertising production controller Paul Taylor

Advertising production controller Jonathan Stuart

Lifestyle commercial finance manager Naina Savraj

Editorial accounts Angela Blake

Licensing coordinator Josie Lahey-James

Group creative partnerships director

Pamela Ferrari-Blanchard

Creative partnerships director

Analisa Moore (on maternity leave)

Creative partnerships manager Rosalind Matchett

Creative partnerships manager Kelly Gerbaldi

Creative partnerships art director Clare O'Sullivan

Creative partnerships art editor Laura Passmore

Creative partnerships project manager Karen Whitehead

Director of Hearst Magazines Direct Cameron Dunn

Chief executive officer Anna Jones

Managing director, brands Michael Rowley

Group commercial director Ella Dolphin

Chief technical officer Darren Goldsby

Marketing and circulation director Reid Holland

Director of communications Lisa Quinn

Vice president strategy and

product management Lee Wilkinson

SVP and general manager Hearst Magazines

International Simon Horne

President and chief executive officer Hearst

Magazines International Duncan Edwards

Advertising 020 3535 9117

Distribution 01895 433600

Subscriptions/back issues 01858 438844

Email: hearst@subscription.co.uk

HEARST

magazines UK

Where to buy

A Accessorize uk.accessorize.com

Amazon amazon.co.uk

Apple Store store.apple.com/uk

Argos argos.co.uk

Aromatherapy Associates

aromatherapyassociates.com

Asda asda.com

B Banana Republic

bananarepublic.co.uk

bareMinerals bareminerals.co.uk

Berry Red berryred.co.uk

BHS bhs.co.uk

Boden boden.co.uk

Bonprix bonprix.co.uk

Boots boots.com

Bourjois boots.com

C Cakes, Cookies & Crafts

cakescookiesandcraftsshop.co.uk

Caravan caravanstyle.com

Caroline Gardner

carolinegardner.com

Cath Kidston cathkidston.com

Ciaté ciatelondon.co.uk

Clarins clarins.co.uk

Clinique clinique.co.uk

Cloth House clothhouse.com

Coast coast-stores.com

Colgate Boots stores nationwide

Cox & Cox coxandcox.co.uk

Cuckooland cuckooland.com

Cuprinol cuprinol.com

Currys currys.co.uk

D Debenhams debenhams.com

Delilah delilahcosmetics.com

Dibor dibor.co.uk

Dorothy Perkins dorothyperkins.com

Dorset Gifts dorsetgifts.com

Dotcomgiftshop dotcomgiftshop.com

Dove Boots stores nationwide

Dower and Hall dowerandhall.com

Dune dunelondon.com

Dunelm dunelm-mill.com

Dylon dylon.co.uk

E East east.co.uk

Elizabeth Arden

elizabetharden.co.uk

Epson epson.co.uk

Evans evans.co.uk

F F&F at Tesco

clothingattesco.com

Faith at Debenhams

Feel Unique feelunique.com

Figleaves figleaves.com

Fiorelli fiorelli.com

G George george.com

Global Babe globalbabe.com

Graham & Green

grahamandgreen.co.uk

Great Little Trading Company

gltc.co.uk

H H&M hm.com/gb

Harrods harrods.com

Hobbycraft hobbycraft.co.uk

HotSquash hotsquash.com

House of Fraser houseoffraser.co.uk

Hush hush-uk.com

I Ikea ikea.com/gb

J Jaeger jaeger.co.uk

Jane Means janemeans.com

JD Williams jdwilliams.co.uk

John Frieda Boots stores nationwide

John Lewis johnlewis.com

Joseph Joseph josephjoseph.com

Joules joules.com

JOY joythestore.com

K Kaliko kaliko.co.uk

Kérastase kerastase.co.uk

Kiko kikocosmetics.co.uk

L La Roche-Posay boots.com

Lakeland lakeland.co.uk

Lancôme lancome.co.uk

Lands' End landsend.co.uk

Laura Ashley lauraashley.com

Liberty liberty.co.uk

Linen Me linenme.com

Liz Earle uk.lizearle.com

Lloyds Pharmacy lloydspharmacy.com

Look Fantastic lookfantastic.com

L'Oréal loreal.co.uk

M M&Co mandco.com

Marks & Spencer

marksandspencer.com

Matalan matalan.co.uk

Melody Maison

melodymaison.co.uk

Mia Fleur miafleur.com

Mint Velvet mintvelvet.co.uk

Moda in Pelle modainpelle.com

Models Own modelsownit.com

Molton Brown moltonbrown.co.uk

Monsoon uk.monsoon.co.uk

Morgan Taylor

morgantaylorlacquer.com

Morrisons morrisons.com

Multiyork multiyork.co.uk

N New Look newlook.com

Next next.co.uk

Nica nica.co.uk

Nkuku nkuku.com

Nordic House nordichouse.co.uk

Notcutts Garden Centres

notcutts.co.uk

O Oasis oasis-stores.com

Ocado ocado.com

Office office.co.uk

P Paisie paisie.com

Paul Mitchell paul-mitchell.co.uk

Phase Eight phase-eight.com

Philip Kingsley philipkingsley.co.uk

Photobox photobox.co.uk

Pixi pixibeauty.co.uk

Plasti-kote plasti-kote.co.uk

Primark primark.com

Protek protekwoodstain.co.uk

Q QVC qvcuk.com

R Redken redken.co.uk

Rigby & Mac rigbyandmac.com

Rockett St George

rockettstgeorge.co.uk

Ronseal ronseal.co.uk

Rowen & Wren

rowenandwren.co.uk

S Sadolin sadolin.co.uk

Sainsbury's sainsburys.co.uk

Sanctuary Spa sanctuary.com

Sanderson sanderson-uk.com

Scumble Gooseie

scumblegoosie.co.uk

Search Press searchpress.com

Seascape seascapeuk.com

Selfie Pods selfiepods.co.uk

Sheridan sheridanaustralia.co.uk

Simply Be simplybe.co.uk

Sofas & Stuff sofasandstuff.com

Sony sonymobile.com

South Beach southbeachofficial.com

Space.NK spacenk.com

Sticky Tiger stickytiger.co.uk

Stila stila.co.uk

Sugarhill Boutique

sugarhillboutique.com

Superdrug superdrug.com

T Talking Tables talkingtables.co.uk

Tesco tesco.com

The Contemporary Home tch.net

The Fine Bedding Company

finebedding.co.uk

The Stencil Library stencil-library.com

Thisworks thisworks.com

Timetospa timetospa.co.uk

Truffle Shuffle truffleshuffle.co.uk

U Uniqlo uniqlo.com/uk

Urban Outfitters

urbanoutfitters.com/uk

V Victoria Health victoriahealth.com

Vision Express visionexpress.com

W Waitrose waitrose.com

Wallis wallis.co.uk

Wolf & Whistle wolfandwhistle.co.uk

Y Yours Clothing yourscllothing.co.uk

YSL yslbeauty.co.uk

Z Zara zara.com





Your Stars for August



with
Lori Reid



Leo

24 July - 23 August

After a restless start to the month and some domestic hiccups, a stellar array of cosmic blessings warms your heart. A shot of adrenaline boosts your energy on the 8th and it's all systems go. Expect good news on the 19th as Jupiter brings money-making opportunities. It's time to reinvent yourself.

Virgo

24 August - 23 September

Early August may feel like a waiting game, but it's the prelude to a major new chapter. Though you don't usually think yourself particularly lucky, when Jupiter enters your sign on the 11th, you'll change your mind! This planet of expansion brings good fortune, encourages big ideas and widens horizons.

Libra

24 September - 22 October

With old friends, new faces and even ex-partners drawn back into your life, August is a social merry-go-round. But beware: all this socialising is expensive! The relentless pressure at work eases after the 8th. On the 26th, a secret plan comes to fruition. Love? You're now seeing an old friend in a completely new light.

Scorpio

23 October - 22 November

This month, you're hard at work, liaising with a different group or starting a new job altogether. From the 7th, you're mixing in elevated circles and meeting influential people who, from the 11th, will open new doors. An encounter is just meant to be. There's plenty to celebrate around the end of the month.



Sagittarius

23 November - 22 December

August begins on a serious note but, once adventurous Mars puts high-grade fuel in your tank on the 8th, the rest zings with excitement. Now you're looking further afield and setting off into the wide blue yonder, or you're stretching your intellectual vistas. Either way, a new world is opening out for you. The 15th, 19th and 26th are springboards to success.

Capricorn

23 December - 20 January

You're either contemplating the deeper mysteries of life or else up to your eyes in financial paperwork. Whichever, digging for information is fascinating. Your prospects brighten on the 4th and 7th. At home, whether you're moving or improving, investing in your property on the 12th bears fruit. Mid-month, wider horizons beckon and Venus reignites your desire.

Aquarius

21 January - 19 February

Reunions and reconnections bring joy around the 5th. From the 8th, partnerships sizzle with passion. If you're attached, these hot summer days will become some of the most memorable times of your year. If you're single, the prospect of finding new love has never been better. The second fortnight highlights finances and joint interests.

Pisces

20 February - 20 March

Work and wellbeing take on a new dimension this month, as you throw yourself heart and soul into your job. Be prepared to put in some extra hours to upgrade your skills or to fine-tune your expertise. Health-wise, you mean business! You're getting into shape and paying more attention to how you look prompted, perhaps, by a new romantic interest...

Aries

21 March - 20 April

Finish off those jobs around the house and head outside. Whether through sport, creative projects or recreational pursuits, it's time to have fun! Socialise between the 4th and 7th and catch up with friends. From the 14th, add romance into that equation, too. Slow down on the 29th – the TLC will do you good.

Taurus

21 April - 20 May

You're taking off your running shoes this month and putting on a hard hat instead. Why? Well, you're either starting major home improvements or making important decisions for the family. The 14th opens a new door. Creative talents flourish and romance is in the air, big time! Luck and love flow your way on the 23rd and 26th.

Gemini

21 May - 21 June

Get your skates on! With travel, meetings and paperwork, you won't have a minute to sit down. Planning an extension to your property or thinking of relocating? From the 11th, you're upgrading your home or expecting an addition to the family. Either way, your household is growing. The 29th brings a chapter to an end.

Cancer

22 June - 23 July

Apart from the 3rd, which could prove disappointing or expensive, your financial prospects look good. Whether making it or spending it, money gives you pleasure. From the 8th, ambition bites and by the 14th, you could find a lucrative sideline. Mental and physical activity quadruples on the 23rd. Then, a new lucky phase begins.

We will fright them on the beaches!



It's summer holiday time and that means us Brits become eccentrics by the sea, says our columnist Caroline Quentin

Summer is lovely, isn't it? It's great in the countryside or in the city but it's at its best by the sea. There is nothing more delightful than British holidaymakers enjoying themselves!

We go to Cornwall every year for some family fun. The moment the sun comes out, us Brits tend to get thoroughly overexcited, don't we? Off come the Puffa jackets and out come the T-shirts. Boys and girls, men and women alike – we untie our lace-ups then slip into our sandals... or rather our SOCKS and sandals!

When the British male does throw caution to the wind and 'go commando' in the footwear department risking sandals without socks, his foot is a wonder to behold: pale pink hairy toes like newborn mice, their nest rudely opened to the merciless glare of the dazzling sun. Then they wiggle, so vulnerable, in the warm summer air.

Mind you, I'm no better – last year's nail varnish still visible at the tip of the big toenail, a few inches of pale stubbly legs sticking out of the bottom of a garish skirt. Never mind, a few consecutive days of sun and my legs will be tanned and thin and long and... well, a girl can dream, can't she?

Back in the real world, there are never a few consecutive days of sunshine, are there? One day it's all balmy breezes and blue skies, the next sees Falmouth High Street soaked

in a biblical rain storm, yellow plastic ponchos as far as the eye can see.



You won't hear any moaning though. No, the Great British holidaymaker loves a challenge! We valiantly squeeze in and out of the pasty shops and ice cream parlours, smiling benignly at each other, raising our eyebrows to the open heavens as if to say: 'Aren't we silly, but isn't this fun?' We are all gung-ho and full of Dunkirk spirit as we bravely juggle an umbrella and an ice cream cone, two scoops of vanilla plus chocolate fudge sauce (no danger of it melting down your forearm in the sub-zero temperatures).

And the weather won't stop us having a beach barbecue later. We'll be huddled over a tin foil baking tray full of smouldering coals, horizontal rain stinging the faces of young and old as we all focus intently on six anaemic sausages, stubbornly not cooking. Out comes the Prosecco and the plastic cups – well, we are on holiday.

MAKING THE BEST OF IT

Meanwhile, across the Channel in southern Europe, French, Italian and Spanish families are enjoying their summer holidays, too. But unlike the Brits, at the first sign of rain, they all go indoors to protect their silk shirts and soft leather handbags, to sip little black coffees and nibble on olives and stylish cheeses.

Fools! Don't they know that looking fabulous and being comfortable, dry and well fed are no substitute for camaraderie and chilblains? I'm sure they'd think it eccentric or crazy to hang about in the torrential rain, gamely getting on with it, but we know something they don't: there is nothing as bonding as sheltering from the downpour; or as unifying as discomfort; and nothing as memorable as making the best of it.

When my children have left home and Sam and I look back, we'll smile at memories of holidays in sunny climes, the kids in a pool and sunsets over the Med. But we'll laugh ourselves silly when we recall the winds that knocked us off our feet and the barbecue sausages that flew through the air, carried out to sea by a gale force nine.

This MONTH...

I'm making



Something out of clay. I'm going on a pottery weekend and I can't wait to get creative.

I'm baking



Oven-dried tomatoes. These are just like antipasti, and full of British goodness!

I'm growing



Garlic to make plaits. They look lovely and keep well.



The UK's leading supplements for women's health

Whether you are looking for support during a time of change like pregnancy or the menopause, or simply an ideal general multi-vitamin, the **award winning Vitabiotics women's range** offers comprehensive nutritional support from **sensible, balanced formulae**. With over 40 years' experience, there's no women's supplement range more relied on than Vitabiotics.

Working with:



from **Britain's No.1 Vitamin Company***
The only company to receive the Queen's Award for Vitamin Research

*Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

From , Superdrug,
 Holland & Barrett, GNC,
 supermarkets, health stores,
 pharmacies & www.vitabiotics.com


Britain's No.1*
 supplements




VITABIOTICS
 SCIENCE OF HEALTHY LIVING

THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin.

With **7 age defying benefits in 1**, and **100 awards across the globe[†]**, it's all your skin needs. The 7-in-1 from the world's number one.

WORLD'S No. 1
FEMALE FACIAL SKINCARE BRAND*

Your best beautiful begins at Olay.co.uk

*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014


OLAY
TOTAL effects

YOUR BEST BEAUTIFUL™